INSIDE **COZY KITCHENS** ✳ CHEFS' **ESSENTIAL GADGETS**

Yummy

EASY MEALS EVERY DAY

FEED THE FAMILY!

57 FAMILY-FRIENDLY RECIPES!

HOME-STYLE ITALIAN DINNER
FROM SOUP TO DESSERT

10 NEW TAKES: RICE

One-pot treats
CLASSIC BEEF STEW, TUNA-VEGETABLE BAKE, WONTON RICE SOUP, GOULASH WITH BUTTER BEANS

WHITE WINE ROAST CHICKEN WITH BELL PEPPERS AND GARLIC

IN THIS ISSUE

Buttermilk Pancakes with Chopped Apples • Monster Cupcakes • Seafood in Green Curry with Brown Rice • Chicken Teriyaki Rice Burger • Italian Meatballs in Marinara Sauce • plus 52 more recipes!

Burgers, shakes, more Diner dash! Flip to page 47

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9 771908 586002
P125

A PRECIOUS FIND

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For the Goddess of the home, Whirlpool redefines beauty through Onyx. A refrigerator as precious as a gem, Onyx is a rare combination of elegance, functionality and energy efficiency. Infused in this sleek refrigerator are advanced technological innovations that are cut perfectly to fit in your modern lifestyle. Imagine these amazing energy saving features:

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Contents

OCTOBER 2010

WHITE WINE ROAST CHICKEN WITH BELL PEPPERS AND GARLIC

This recipe is not only super easy, it's also family-friendly, gluten-free, and really healthy!

Serves 4 **Prep Time** 10 minutes **Cooking Time** 1 hour 15 minutes

- ☐ **4 chicken leg quarters, excess fat trimmed**
- ☐ **2 red onions, cut into wedges**
- ☐ **2 red bell peppers, sliced thickly**
- ☐ **2 heads garlic, divided into cloves, unpeeled**
- ☐ **1 lemon, cut into wedges**
- ☐ **½ bunch thyme, plus more for garnish**
- ☐ **2 tablespoons olive oil**
- ☐ **1 cup dry white wine**

1 Preheat oven to 375°F. Place chicken in a large roasting pan. Scatter over onion, bell peppers, garlic, lemon, and thyme sprigs. Drizzle with olive oil and season well. Cover with foil and bake for 30 minutes, until garlic starts to soften.

2 Remove foil and cook for another 30 minutes, until chicken is cooked through. Pour over wine and cook for another 15 minutes, until chicken skin is crisp. Garnish with more thyme leaves to serve.

COVER RECIPE

PHOTOGRAPHY: DEAN WILMOT + RECIPE: SUZANNE GIBBS + STYLING: SASKIA HAY

ON THE COVER

47 **Diner dash!**

58 **Home-style Italian dinner**

64 **One-pot treats**

70 **10 new takes: Rice**

76 **Inside cozy kitchens**

82 **Chef's essential kitchen gadgets**

YUMMY IDEAS AND SHOPPING

21 Trick or treat!
Lookee here: We have a Halloween treat that's not at all tricky to make!

22 A fanpire's menu
Love anything and everything *Twilight*? Whip up these treats inspired by the series.

23 Cool finds, quick recipes
A healthy recipe for Bloody Mary, readers' fave potluck dishes, tips on how to cut your grocery bill, and more!

28 Yummy Shopping
Howards Storage World and Robinsons Department Store

30 Grocery Guide
Myrna Segismundo

32 Grocery Grab
Use your noodle

Contents

OCTOBER 2010

EVERYDAY RECIPES

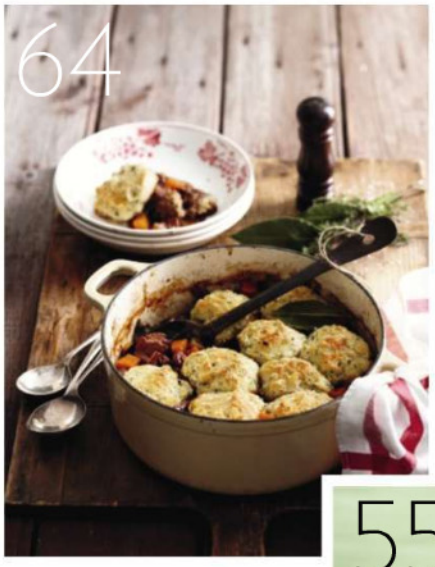
34 Everyday Recipes
Blueberry Bread and Butter Pudding, Tuna and Olive Pasta, Crumbed Salmon Fingers

36 Hey, Home Baker!
Make this Halloween extra scary with Aileen Anastacio's Monster Cupcakes.

38 Quick and Casual
Got extra ground meat lying around? Make Myra Santiago's big, juicy Italian Meatballs in Marinara Sauce.

40 Extra Special
Who doesn't love shabu-shabu and all those veggies, meat, and seafood? Pixie Sevilla Santos's Hot Pot Sate Broth is the perfect dish for your family.

42 The Healthy Way
Think risotto is way too indulgent? Jun Jun de Guzman's Brown Rice Risotto uses a healthier grain and no cream but it's just as good as the real thing.



47 Weekday Cooking
Buttermilk Pancakes with Chopped Apples, Country Fried Chicken with Gravy, Tex-Mex Burger, Coffee Kahlua and Malt Ice Cream Pie, Vanilla Choco Mint Shake, Pistachio de Leche Milkshake

55 Weekend Entertaining
Steamed Chicken in Shaoxing Wine with Purple Yam, Chinese Sausage, and Shiitake, Prawn and Pork Wonton Triangles, Chilled Mango Sago with Coconut and Melon Balls

RECIPE FEATURES

58 Italian at home
Italian cuisine isn't all pasta and pizza. Try this spread—it's a sumptuous feast for the senses!

64 One-pot perfection
Make a hearty meal without the mess! All you'll need to do is throw everything in one pot.

70 Beyond white rice
Rice needn't be plain and boring. Get creative by using it to make a sandwich, salad, side, and even hearty mains!

FEATURE STORIES

76 Cozy in the kitchen
Planning your dream kitchen? Take the cue from these three rooms, each with its own distinct character and personality.

82 "I can't live without..."
What's your one absolute kitchen must-have? Five foodies reveal their kitchen essentials and the inspiring ways that they use them.

RESTAURANTS

88 A family affair
For weekend lunch with the family, try any of our three picks that serve up loads of hearty hits.

92 Dine-out district
Marco Polo Davao

YUMMY LESSONS

94 From Rachelle's Kitchen
Our food editor shares her recipe for 'Tato Skin Pizza, advice on what kind of pan you should buy, and more gotta-know info!

95 Step by Step
Going green

96 D-I-Y
Banana Cream Pie-in-a-bowl

97 In the kid-chen
Witch's Brooms

98 It's time to try...
Miso

100 Liz's 10 Ideas
Coconut milk

DEPARTMENTS

04 Mix & Match Menus
06 Editor's Note
08 On Yummy.ph
14 Meet our Friends
16 Your Letters
97 Yummy Deals
102 Recipe Index
102 Directory
104 Fresh for Last
Rambutan

HEALTHY BREADS: PART OF A BALANCED DIET

to help prevent diabetes

Diabetes affects some three million people in the Philippines; and everyday another 500 Filipinos are diagnosed with the disease. Type 2 diabetes is most prevalent and is linked to obesity and physical inactivity. If untreated, diabetes can lead to stroke, blindness, kidney failure, leg and foot amputations, pregnancy complications, or worse.

The good news is that, as with many obesity related diseases, Type 2 diabetes is largely avoidable. Research shows that lifestyle changes, improved diet, activity, and weight management can limit the risk of diabetes. According to the Obesity Society, "Managing your weight is the best thing you can do to prevent the development of diabetes."

First, consult a doctor immediately if you fear you are overweight. Then, choose balance – a lifestyle that includes a balanced diet and regular exercise. Practicing discipline in our daily routine is no easy task, but the road to health and fitness begins with a single step towards wise dietary choices.

Health and fitness do not require you starve yourself, nor do they sentence you to a life of tasteless food. On the contrary, a healthy diet allows you to please your palate while meeting your body's nutritional needs. Healthy wheat foods are high in complex carbohydrates, low in sugar and calories, and are a source of fiber, protein, and a range of vitamins and minerals. Healthy wheat products are part of a healthy lifestyle and help fight obesity. Whole wheat breads, cereals, pastas, crackers, tortillas, and other healthy wheat products offer a variety of options to help you achieve the balance you desire.

Choose balance. Choose to be active. Choose healthy breads as part of a healthy lifestyle.

The best bread products in the Philippines are made from flour milled locally from high quality U.S. wheat.

Ask your local baker or grocer about healthy breads today.

Appetizing Bread Facts & Trivia

- The workers who constructed the Egyptian pyramids were paid in bread.
- Keep bread fresh by storing it at room temperature in a dark and dry place. If you want to delay consuming your loaf, it's best to freeze it in its original packaging.
- On the average, a one-and-a-half pound loaf of commercial bread contains 24 slices.

50 years

U.S. WHEAT ASSOCIATES

AMERICAN QUALITY WHEAT

MIX & MATCH *menus*

Looking for Halloween treats that aren't tricky to make? Cooking a big pot of soup on a rainy day? Making a kiddie merienda? Want dishes that are low on calories but high in flavor? Here's your guide to planning yummy meals.

Fright Night

Witch's Brooms
PAGE 93

Caramel Popcorn with Cashews and Chocolate PAGE 19

Monster Cupcakes
PAGE 34

Just Soup-er

Wonton Rice Soup
PAGE 61

No-Cream Cream of Zucchini
PAGE 24

Hot Pot Sate Broth
PAGE 38

Saturday Playdate

'Tato Skin Pizza PAGE 90

Italian Meatballs PAGE 36

Diner Milkshake Duo PAGE 48

La Vida Low-cal

Meatless Chili Soup
YUMMY.PH

Vegetable Pot Pie
YUMMY.PH

Thai Fish Curry
YUMMY.PH

Get the recipes on our website!

CREAMY and CHOCOLATE-Y!

Craving for something sweet and refreshing? Try this treat made special with Alaska Créma!

October is the start of party season, and we know what makes any celebration truly memorable—dessert! Whether you go for the classic cakes and tortes, quick bites like meringue and pudding, or chilly favorites like ice cream, there is one ingredient that makes all these click, and that is cream. And with Alaska Créma, you can celebrate with a dessert, everyday!

For discerning food lovers like us, the kind of cream we use in making desserts matters. For example, quality and affordability are always the consideration. Alaska Créma, which has made desserts a pleasurable experience for years now, scores high on both counts. Rich and yummy cream in every affordable pack, it gives you every reason to enjoy special desserts, even on ordinary days. For fruit lovers—try it with peaches, apples, pineapples and strawberries, for different exciting fruit salads, day after day. Here's one recipe that is perfect for any party, and yet affordable enough to serve on the table, any day.

ALASKA CHOCO-LOCO SALAD

INGREDIENTS	AMOUNT	
MANGOES	4	SLICED
BANANAS	4	SLICED
CHERRIES, NO STALKS	1/2	CUP
HONEY	1/4	CUP
STORE BOUGHT BUTTERCAKE,	2	CUPS, CUBED
ALASKA CRÉMA ALL-PURPOSE CREAM	1	PACK, CHILLED
PEANUT MILK CHOCOLATE, FOR TOPPINGS		

1 In a bowl, combine ALASKA CRÉMA and honey. Mix well.

2 Place the remaining ingredients in a bowl and add in the ALASKA CRÉMA mixture. Top with crushed or chunks of peanut milk chocolate.

3 Chill and drizzle with chocolate syrup on top if desired. Serve cold.

Makes 6 servings
Estimated cost per serving: P32.96

ALASKA Créma ALL-PURPOSE CREAM

EDITOR'S NOTE

Are you having fun yet?

Editing a food magazine, one of the things I hear most often is how people find it so taxing to think of what to cook night after night. That's why Yummy is such a find, these same people tell me. We try to live up to that expectation every month and give you recipes that work in your home. This month, we added the challenge of making meals at home fun. We all sure could use some fun!

In Weekday Cooking, food editor Rachelle Santos has a lineup of dishes we all love to devour at a diner—pancakes, burgers, milkshakes, sweet desserts—and she gives each one a make-it-at-home treatment. So now you can turn your kitchen counter into a diner bar of sorts. In "Beyond white rice," that family favorite gets various add-ons and treatments. I think this story shows how creative thinking can keep everyday cooking from being such a chore. Rice may be a staple, but it can be cooked and served in many ways. Finally, in "Italian cooking at home," we asked Maj Lazatin, who studied cooking in Florence, Italy, to share recipes that bring a taste of Italy into our homes. As you enjoy some osso buco or tiramisu, you might just find yourself planning to study the Italian language or take Italian cooking lessons. We all could use some new dreams too.

A little sidebar before I let you go: Recently, the Yummy team ran away for a few days to Baguio City. We were billeted at The Manor at Camp John Hay where we enjoyed four glorious days of fresh mountain air; cool temperatures (chilly enough that we could don scarves and sweaters); mornings that began with an indulgent breakfast buffet (oh, garlic *longganisa*, you made our mornings!); and fine, fine dinners at Le Chef, Chef Billy King's impressive restaurant at The Manor. We took those four days to assess the work we've done this year, and to set our plans and goals for next year. As we jump into the festive season, I hope you'll all be with Yummy to celebrate the holidays—and to look forward to all the great things we've got planned for next year! Let's have fun!

Becky

Becky Kho, editor in chief
becky@yummy.ph

Yummy TWEETS!

Do you tweet? Connect with us on Twitter! You can find Yummy on twitter.com/yummyph.

3 WAYS WITH MUSHROOM

MUSHROOM BURGER

In a sauté pan, heat **3 tbsp olive oil** and then add **½ cup finely chopped onions** and **3 tbsp minced garlic**. Add **650 grams roughly chopped and mixed fresh mushrooms** and sauté over medium heat for 10 minutes or until liquid evaporates. Cool slightly. In a bowl, combine cooled mushrooms with **⅔ cups rolled oats**, **⅓ cup grated parmesan cheese**, **¾ cup fine breadcrumbs**, **1 beaten egg**, **1 tsp dried oregano**, **1 tbsp chopped flat-leaf parsley**, **½ tsp MAGGI MAGIC SARAP**, and **¼ tsp pepper**. Mix well and let sit for at least 20 minutes. Form into patties and fry until golden brown.

PORTOBELLO PIZZA

Wipe and remove gills of **4 large Portobello mushrooms**. Drizzle with a liberal amount of **olive oil** and season with **1 tsp MAGGI MAGIC SARAP** and **¼-½ tsp pepper**. Lay on a foil lined and oiled with a baking sheet and broil for 5 minutes per side, or until tender. In a skillet, heat **1 tbsp olive oil**. Add **1 cup chopped chorizo** and cook for 5 minutes or until brown. Add **½ cup seeded and cubed tomatoes** and cook for 3 more minutes. Pour **¼ cup cream** and simmer until it has reduced, about 2-3 minutes. Turn off the fire, throw in **¼ cup torn basil leaves** to the chorizo mixture. Fill mushroom caps with this mixture and top with **½ cup grated mozzarella cheese**. Broil until cheese turns golden brown.

TIP: *You can also try this! Substitute cream for tomato sauce and chorizo for pepperoni or bacon for a kid-friendly mushroom.*

WILD MUSHROOM SOUP

Re-hydrate **120 grams porcini mushrooms** in **2 cups water** until soft. In a stockpot, heat **2 tbsp olive oil**. Add **¼ cup chopped shallots** and **2 tsp minced garlic** and sauté until soft and fragrant. Add softened porcini mushrooms and **1 ½ cups diced potatoes**. Cook for 5 minutes. Pour soaking liquid from mushrooms and remaining **2 cups water** (liquid must total 4 cups). Boil until potatoes are tender. Using a hand blender, process mixture until it is smooth. Season soup with **2 8-gram sachets MAGGI MAGIC SARAP** and **½ tsp pepper**. Let boil once then add **¼ cup cream**. Stir to mix well. Serve hot.

ADVERTISINGFEATURE

Century TUNA

Yummy goes healthy!

Century Tuna Mayo Spread and Crisp Apple Canape

A sweet and tangy combination of fruity goodness and super healthy meat. Century Tuna Mayo Spread lends a tasty zing to this snack treat!

Ingredients:
2 cans Century Tuna Mayo Spread
1 cup cream cheese
1/2 teaspoon cayenne pepper
1 teaspoon grated lemon zest
1 cup diced apples
10 slices apples for garnish
1 puff pastry cut in into 10 rounds
1 piece egg
1 tablespoon water
Salt and pepper to taste

Procedure:
Heat oven to 400°F. Line large cookie sheets with cooking parchment paper. Unroll puff pastry on work surface. Using a cookie cutter, cut 10 rounds of puff pastry. Place on cookie sheet; prick each round with fork. In small bowl, beat egg and 1 tablespoon water until well blended; brush on rounds. Sprinkle with sea salt. Bake 7 to 10 minutes or until golden brown and crisp.

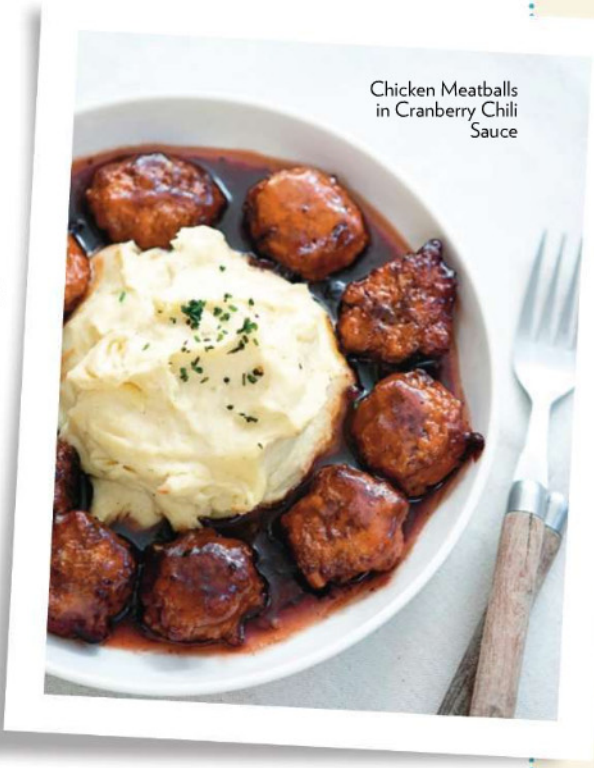
In another small bowl, mix cream cheese and Century Tuna Mayo Spread, cayenne pepper, lemon zest and apples with wooden spoon, leaving small pieces of tuna visible and season with salt and pepper. Spoon mixture into each puff pastry rounds. For each cracker, place 1 apple slice into tuna and cheese mixture.

Things to do on Yummy.ph

What's cooking on our delicious website this October

Cook and bond!

Cooking can be a great family activity. Parents get to spend time with the kiddies, while building the self-esteem and confidence of their little ones. Want to make it a weekend event? We've got the recipes that are fun to make and a pleasure to feast on. We'll even teach you how to keep the mess to a minimum.



Chicken Meatballs in Cranberry Chili Sauce

At Yummy.ph, we've got 1,000 recipes for you to search and print and follow to your heart's content. Search for ideas for your everyday meals, follow our top five recipe lists, and access our Web-exclusive recipes!

TRICK OR TREAT!

Add some bite to the spooky season with recipes sure to leave a smile on trick-or-treaters faces. From decorating cupcakes to creating creepy treats, we've got you covered. See how easy it is to create monstrous meals for those who can't get enough of Halloween!

Want to know the latest about food, cooking, and dining out? Or want to share your finds and ideas? Become a fan on Facebook (www.facebook.com/yummymagazine) or follow us on Twitter (twitter.com/yummyph).

A new look.
A new way to Indulge.

Hot Pot

Fooddicts!

Foodies, rejoice! Enjoy guaranteed best discounts and freebies when you

WE MAY VENTURE INTO OTHER CUISINES, but home is where the heart is and nothing beats family style eating with your loved ones. Filipinos love to eat, and we will take nothing less than food bursting with flavor. Enjoy familiar Asian flavors with friends, family and Citibank.

TONG YANG

Forget your diet for one day and indulge in Tong Yang's buffet, a wide selection of meat, seafood and vegetables that you cook and enjoy right at your table. Meat lovers must not miss the thinly cut beef belly, brushed with barbeque marinade while it cooks to perfection. Another crowd pleaser is the scallops, which spells heaven on a plate when grilled with a knob of butter and minced garlic. On the buffet line also are chicken and pork barbeque, cuttlefish, baby octopus, eel, mushrooms, young corn, and for the more adventurous, even pork kidney, chicken gizzards and the like. Do you prefer soup? The hotpot only takes 15 minutes to heat before you can throw in your chosen ingredients into the chicken based broth. Favorites include the assortment of homemade "balls" such as fish balls, squid balls, wanton, kikiam as well as shellfish like clams and mussels. Enjoy all your food with house blend dipping sauces like Teriyaki, Yakiniku, Chili Vinegar and the specialty Sate Egg dip made of egg, garlic, onions, chili and sate sauce. This is the perfect place for a fun, filling meal for the whole family to experience and enjoy. Visit Tong Yang and get the buffet lunch for only P399 per person until November. To make things even better, do a 9 + 1 buffet. Valid until January 15, 2011.

Fish Fillet with Thailand Sauce

BACOLOD CHICKEN INASAL

In the early nineties when chicken inasal was still unknown to many, the very first Bacolod Chicken Inasal opened and since then, what started as an idea among siblings in order to stay in Manila after college grew into an impressive 20 branches of full-service restaurants that have brought to Manila the food and hospitality of Bacolod.

Once only serving Chicken Inasal and La Paz Batchoy, the restaurant now carries a host of Bacolod specialties like bestseller's Pancit Molo and Kadyos, Baboy at Langka (KBL).If you love the taste of real Inasal which should be vinegary-sour and not sweet, you will definitely enjoy their chicken inasal which has the sourness that comes from naturally fermented coconut vinegar. Perfect to eat with garlic rice and then washed down with their ice-cold sago't gulaman. If you are feeling extra indulgent, grab an order

Ysabella's Chicken

spend with your Citi credit card at these restaurants.

of chikyninees, a chicken skin version of chicharon or if you want something a little different from the usual, the Ysabella's Chicken will hit the spot. It is marinated in an interesting mix of flavors including sweet from honey, sour from dayap, saltiness from bagoong balayan and bitter from tabon-tabon, none of which are overpowering and create a surprisingly pleasant flavor. Whether you are looking for a quick meal on your lunch break, or a long afternoon of catching up with friends, Bacolod Chicken Inasal is an answered prayer for quick, reasonably priced food without having to go the fast food route.
It gets even better because every P500 purchase with your Citi credit card, you get a free leche flan. Valid until June 14, 2011.

PRESIDENT'S TEA HOUSE

Ten years ago in Ongpin, a small Chinese restaurant opened for the locals. What they did not expect was that people from all over the city would travel to this humble eatery to eat what they had heard was the best siomai in Manila. The business grew until they were ready to cater to a market outside of Chinatown and they now have two other branches- one in San Miguel by the Bay and the other on the opposite end of town in SM North Edsa. Expect the same great, authentic Hong Kong style cuisine but in a more modern, streamlined setting. Best sellers include Siomai, Yang Chow Fried Rice, and duck and pork roasts. Kids love the Crispy Fried Minced Shrimp Balls, and the Crab Green Soup adds a more nutritious twist to the usual with pureed spinach. People definitely come for their tried and tested favorites, but new comers like the Crispy Beef Brisket are also making waves. Imagine beef brisket, deep-fried in a batter with a mild, buttery curry sauce. Well you can stop imagining because you can actually enjoy it as alongside staples such as Birthday Noodles and Spare Ribs with salt and chili or one of their set menus if you want to share with friends. Order P1,500 worth of chow using your Citi credit card and get a free order of Mandarin Chicken. Valid until Nov. 15, 2010.

citibank Privileges

Get the best dining deals from Citi at these restaurants, or your money back.

If there's a better offer, let Citi pay you the difference.

TONG YANG Shabu-Shabu & Barbecue Restaurant

9+1 buffet until January 15, 2011. Lunch buffet is P399/person until November 30, 2011.

BRANCHES
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President TEA HOUSE 新華茶餐廳

Free Mandarin Chicken for a minimum single-receipt order of P1,500 worth of chow.

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Feedback, please If you have any inquiries, comments, and concerns regarding Yummy, Yummy.ph, or Summit Media and any of its services, email us at customercare@summitmedia.com.ph. Your feedback will help us serve you better.

The whole team hied off to **Baguio** recently for some editorial planning and team-building. One fine afternoon, we headed to **BenCab Museum** to have our fill of **art and fresh mountain air!**

Our **write-and-shoot team** for this year's kitchen feature: freelance writer **Mabel David Pilar** and photographer **Miguel Nacianceno,** seen here in between setups in one of the featured kitchens. Turn to **"Cozy in the kitchen"** to see the three great spaces they found!

Our **Becky Kho** had the pleasure of dining with fellow writers and editors at Myrna Segismundo's cozy and modern **New Manila Private Kitchen.** The evening's menu? Filipino comfort food. The most outstanding part? **Chef Myrna's *queso de bola* cheesecake.** Flip to Grocery Guide to find out more about the chef and the kitchen.

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Meet our *friends*

KAI HUANG
PHOTOGRAPHER

What I did for this issue Shot family-friendly restaurants for the Restaurants section
Currently busy with... "Shooting editorials and a few advertising projects."
Training ground "I didn't study formally since there was no real school of photography at that time. Basically, I learned by reading books and magazines, researching on the Internet, and shooting, shooting, shooting."
Photography philosophy "If it's my own project, then I do whatever makes me happy. If it's client-commissioned, then I do whatever it takes to make them happy."
Home-cooked comfort "I love simple home-cooked meals since I don't get to eat at home often. Whatever my mom makes, I love! Even if it's something as simple as *kangkong* with garlic, steamed eggs, or fried rice."

LOREN EVANGELISTA
WRITER/EDITOR

What I did for this issue Interviewed the legendary Myrna Segismundo for Grocery Guide **Currently busy with...** "I've been doing freelance work for about a year now, and most recently finished my second issue as Section Editor of *Martha Stewart Weddings Philippines*." **Upcoming projects** "After a year of planning and visualizing, I look forward to finally starting my master's degree in Literature in England this month!" **Writing philosophy** "Be open to change and improve on your work. Working with a team has also made me realize that there's always a better way of putting your ideas out there." **Best family meals** "I was never big on breakfast, but I always seem to eat a lot when we have *tinapa* and *sinangag* on the table! I'm also a big fan of Chinese food so I love it when my mom makes *siomai* and *siopao*."

MACY ALCARAZ
MANAGING EDITOR, CANDYMAG.COM

What I did for this issue Halloween treats for Yummy Ideas **Currently busy with...** "Working on our new and improved Candymag.com! In my free time, I also bake for a side project called Macy's Fields." **Junior baker** "I've never really taken a class and just started with a *Mrs. Fields Cookie Cookbook* that my mom got for me when I was 10 years old. The first thing I ever baked was a batch of Blue Ribbon Chocolate Chip Cookies, and I've been trying to teach myself new tricks ever since." **Kitchen tip** "It's the first thing I do before I work on a recipe: Check the ingredients! I used to stop in the middle of a recipe because I'd realize that I had no eggs to mix in with the batter." **All in the family** "I love baking for my family because even if the outcome isn't great (which happens sometimes), they still finish everything. Two of my favorite things to make for them are my Chocolate Turtle Pie and Cream Cheese Frosted Kahlua Cupcakes."

HIM UY DE BARON
CHEF

What I did for this issue Mouthwatering dimsum recipes for Weekend Entertaining **Currently busy with...** "Concocting the perfect bowl of ramen from my memory of Tokyo." **Training ground** "I studied at CSB then worked with Chef Henry Canoy. I then went to Le Cordon Bleu in Sydney, Australia, and worked there as well. Then I came back home, where the heart is." **Winsome dimsum** "The inspiration behind the dishes I made were the readers of Yummy. I really wanted to make recipes that will see action in anyone's kitchen. I made recipes that they will actually make because they're so simple yet impressive." **Home-cooked comfort** "I love cooking for my wife and my two girls. I usually surprise them with new things. It can be yakitori and yakisoba or a Mediterranean feast at our house on any given night."

HOME-STYLE STEAK OUT!

Bring out your best family steak recipe for a steak buffet. Here's a list of common steak varieties!

Rare - Barely cooked and nearly raw, this steak is warm through the middle, lightly charred on the outside, browned around the sides, and bright red in the middle.

Medium Rare - Most preferred by chefs, this steak feels warm through the middle, with a hint of red in the center. It feels firm on the outside but soft and juicy inside.

Medium - This is a safe choice of doneness if you're cooking for a large group of people. It has a thick band of light pink through the middle but looks more browned than pink. The sides are rich brown in color, while the top and bottom charred darkly but not black.

Medium Well - It has a hint of pink in the very middle. The surface is dark brown, with good charring on the top and bottom. It's very stiff but still has little squish in the middle.

Well Done - Every good griller should know how to do this one. While there isn't even the faintest hint of pink in the middle, it's browned, not burnt, and feels solid all the way through.

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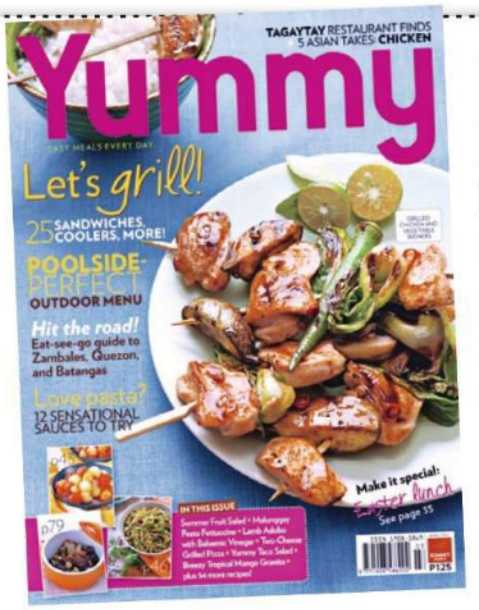
Striploin with Chimichurri Sauce

FOR THE STEAK:
- 2 Meltique striploin (1 to 1 1/4 inch thick)
- olive oil
- salt and pepper to taste

FOR THE CHIMICHURRI SAUCE:
- 1/2 cup packed mint
- 1 clove garlic pressed or finely minced
- 1/4 cup olive oil
- 1/4 tsp salt
- 1/2 lime juiced

1. Rub both both sides of the steak with some olive oil and sprinkle a large pinch of salt and black pepper on both sides.
2. For the sauce, put all the ingredients in a blender or food processor and puree.
3. To cook the steak on the stove, heat a stainless steel or cast iron pan just big enough to hold your steaks over medium heat for about 10 minutes or until very hot.
4. Serve immediately with the chimichurri sauce.

Your letters



RECIPE TO THE **RESCUE**

I would love to share with you guys my lunch story from last Sunday. I was supposed to cook basil pasta using dried basil, but when I was about to cook, I found out that we were out of the herb. I started panicking because there was no more time for us to go out and buy some. Good thing my dad heard about it and told me that he could go pick some fresh basil from our neighbor's garden. That called to mind the Malunggay Pesto recipe from your April 2010 issue. So I asked Dad to grab some *malunggay* as well. It was a hit! They said it was just like what you could order at a restaurant. Thank you, guys! I was saved by Yummy!

Angelica Quero, Parañaque City

A HEALTH **REQUEST**

I have been buying your magazine for quite sometime now and all I know is that you featured all unhealthy food. All the photos and food styling look great but these are just visual—looks tempting but all deadly. In the September 2010 issue, you featured Ms. Cheloy Ignacio, the raw food chef. I am very disappointed because there were no recipes attached to the writeup. I've read that raw food heals all kinds of diseases. I think your magazine should feature more healthy recipes and help people avoid illness. It would be a great help for a mother like me to serve my family [and help them] eat healthy and [live a] healthy lifestyle. I am suffering from high cholesterol and high sugar now. I hope you can help me.

Karen Corba, via email

From the editors: *Thanks for your feedback, Karen. We have to disagree with you. We don't print "all unhealthy food," like you say. The recipes in Yummy may not address your specific health concerns, but they are certainly not all unhealthy. In past issues, we have made it a point to do recipe features that showcase health-friendly recipes. And we always publish one issue each year, the January/February issue, devoted to lighter, healthier fare. And every month in the Yummy Ideas section, you'll find "Good Stuff," which features a light snack or lunch idea. section in Yummy Ideas. However, you do make a good point about including more recipes that are low in cholesterol, sugar, etc. We will do our best to have more stories like this in upcoming issues.*

TEACHER'S **AID**

I'm a culinary adventurer and also a cooking HRM instructor from Batangas. Yummy is lends me a hand in preparing the canteen menus weekly, the menu and lab activities for my students, and preparing our dishes at home! So far, it's been the best food magazine I've read. Thank you and more power, Yummy! Stay as yummy as ever!

Joseph Alabastro, via Facebook

FACEBOOK COMMENTS

I got my September 2010 issue last August 31, and it's a really great issue! I'm aiming to cook one *adobo* recipe per week. Kudos to the Yummy team!

Jennifer Valmonte

I got my September edition of Yummy last August 24. Thanks, Yummy, for an early delivery. Yummy helps me improve my small food house called Food Trip ni Tatay Romy in Orani, Bataan.

Santos Punzalan

Join our Facebook community! Find us on www.facebook.com/yummymagazine.

COOKING AND **BLOGGING**

Hi! Tried your Mini Frittatas recipe over the weekend, it was delicious. :) You can read about it here: http://thecondochef.tumblr.com.

Idda Aguilar, via Facebook

From the editors: *Thanks for blogging about how the recipe turned out, Idda! We always appreciate feedback on the recipes we publish. Your blog looks great! We've already bookmarked it so we can keep tabs on what's cooking in your kitchen.*

ERRATUM In the Directory of the September 2010 issue, we published an incorrect telephone number for Tai Ka Lok Oriental Store in Kapitolyo, Pasig City. The correct number for the deli is 788-7048. We regret the error.—*The Editors*

Tell us what you think of Yummy! Send your email to letters@yummymag.com.ph or post a note on www.facebook.com/yummymagazine. Letters are edited for clarity and space.

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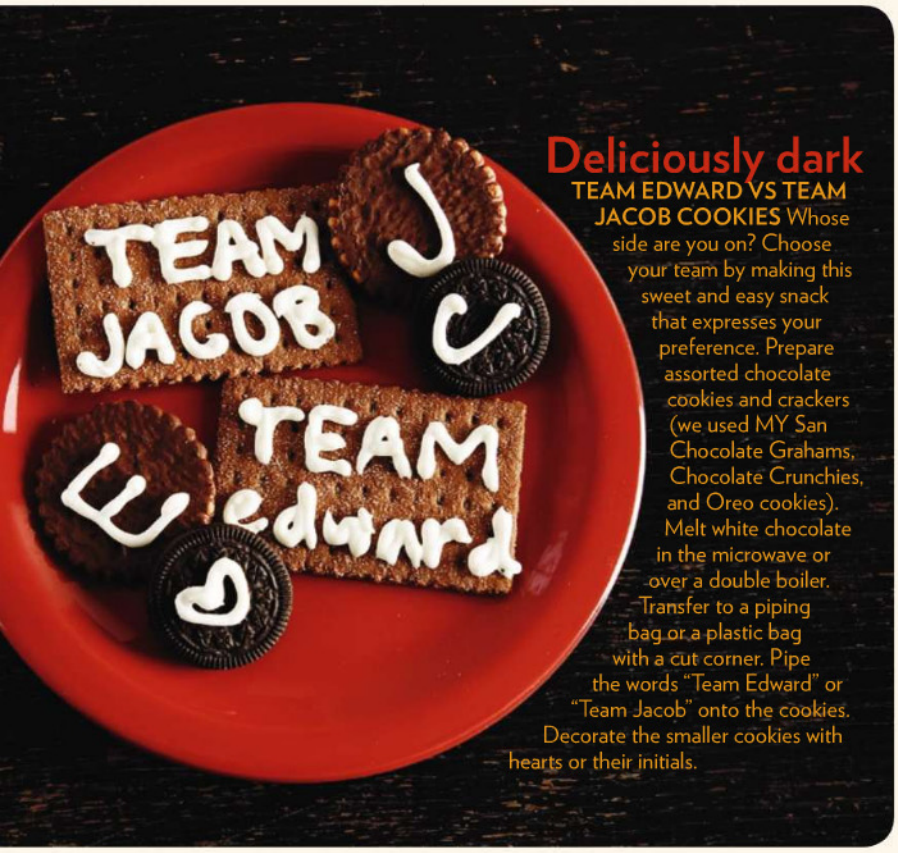
Yummy Ideas

Trick or *treat!*

CARAMEL POPCORN WITH CASHEWS AND CHOCOLATE Make Halloween extra special with this treat that's not tricky to make! Preheat oven to 300°F. Microwave 1 bag white popcorn (we used the plain variety) according to package directions. Mix in 1 cup cashews (chopped, if desired); set aside. In a small saucepan, melt 1 cup light brown sugar with 4 tablespoons unsalted butter and 4 tablespoons water. Stir constantly and bring to a boil. Quickly drizzle over popcorn-cashew mixture and toss well. Place mixture on a baking sheet and bake until golden and shiny (toss every 10 minutes). When the mixture has cooled, drizzle with 1 cup melted semisweet chocolate. Place in small bags and tie with decorative ribbon to hand out to trick-or-treaters! *Makes 8 small bags.*

PHOTOGRAPHY: MIGUEL NACIANCENO + RECIPES & TEXT: MACY ALCARAZ + PROP STYLING: ELAINE P. LIM + PROPS FROM SAIZEN (POT AND HALLOWEEN DECOR)



Deliciously dark

TEAM EDWARD VS TEAM JACOB COOKIES Whose side are you on? Choose your team by making this sweet and easy snack that expresses your preference. Prepare assorted chocolate cookies and crackers (we used MY San Chocolate Grahams, Chocolate Crunchies, and Oreo cookies). Melt white chocolate in the microwave or over a double boiler. Transfer to a piping bag or a plastic bag with a cut corner. Pipe the words "Team Edward" or "Team Jacob" onto the cookies. Decorate the smaller cookies with hearts or their initials.

Chocolatey chow

WEREWOLF "DOG FOOD" Our treat for die-hard Jacob fans: this human-friendly faux dog food! In a bowl, mix assorted chocolate cereals (we used Nestlé Cookie Crisp, Oishi Pillows, and Milo Cereal Balls). Serve with milk on the side, if desired. Good for two—or one, if you've got a wolf's appetite!

A fanpire's *menu*

For your Halloween party, whip up these *Twilight*-inspired treats to impress your "Twi-hard" friends.

Bite-sized trio

CATWICHES These sweet and savory sandwiches are sure to make vampires, wolves, and humans drool for more! Use Halloween-inspired cookie cutters to cut bread slices. To make Kani and Cream Cheese Sandwich: Spread cream cheese spread on two bread slices and place kani strips in between. To make Peanut Butter and Banana Sandwich: Spread peanut butter on two bread slices and place banana slices in between. To make Nutella and Strawberry Jam Sandwich: Spread Nutella on one bread slice and strawberry jam on another slice. Press together. Using different piping bags with cream cheese spread, peanut butter, and Nutella, decorate the sandwiches as desired.

Bloody brilliant

STRAWBERRY APPLE JUICE Turn simple apple juice into a bloody drink! Fill small glasses with cold apple juice. Fill a squeeze bottle with strawberry syrup. When ready to serve, squeeze and drizzle strawberry syrup along the sides of the glass. Serve immediately.

PHOTOGRAPHY: MIGUEL NACIANCENO * RECIPES & TEXT: MACY ALCARAZ * PROP STYLING: ELAINE P. LIM

DRINK OF THE MONTH

Spike it up! If you want to add some kick to this drink, add 6 jiggers of vodka to the mixture.

HEALTHY BLOODY MARY

Party with this healthy, non-alcoholic alternative to that famous cocktail drink!

Pour equal amounts of chilled tomato juice and orange juice into a tall glass; stir. (We used 1 liter Tipco 100% Tomato Juice and 1 liter Tipco 100% Bloody Orange.) Garnish each glass with lemon slices and celery stalk, if desired. *Serves 5 to 6. Recipe by Tipco 100% Juices.*

Great gadget

Microplane zester, P890 at Gourdo's and Living Well

MICROPLANE ZESTER

This brilliant invention is the best tool for getting the most flavor out of citrus fruits and then some. Here are three ways to put it to good use.

Sweet treats Ditch the extract! A little bit of lemon or orange zest goes a long way in infusing baked goods with flavor. Try adding a teaspoon to quick breads and muffins.

Wok this way For stir-fries and other recipes that call for grated ginger, whip out the zester, which makes quick work of the task.

Cheese pairing Use it to finely grate hard cheeses for soufflés, biscuits, pasta dishes and casseroles, and even sauces.

THE TRY-IT-TASTE-IT ROW

Gourmet to Go Get a healthy food fix even when you're in a rush! Rustan's Gourmet to Go serves a tasty and nutritious selection of on-the-go salads, soups, and sandwiches! *Initially available at Rustan's Supermarket Power Plant and Ayala Center.*

Josiah's TastePro Indulge in international flavors on your next company function with TastePro, Josiah's Catering's new corporate brand. Choose from Italian, Greek, Mongolian, Thai, and Spanish fare, to name a few. *For more info, visit www.josiahcatering.com.*

Café Juanita Café Juanita has moved to a new location! Still in Kapitolyo in Pasig City, their brighter, newer space boasts of two floors, a take-out counter for desserts, and function rooms for private events.

Funtote Fun, fashionable, and functional! We can't stop ogling the yummy designs of these eco-friendly cotton canvas totes! Strategically placed pockets make it a handy everyday bag. *To order, head to funtotephilippines.multiply.com.*

PHOTOGRAPHY: DAIRY DARILAG (CAFÉ JUANITA), AT MACULANGAN (TIP), AND JONATHAN ROXAS ✳ TEXT AND STYLING: ELAINE P. LIM AND LIEZL YAP ✳ PROPS FROM SAIZEN (GLASSES AND COLANDER)

Elaine's FOOD ADDITION

Crispy Chicken Drumsticks

Feeding picky eaters? This will dish surely win them over! Make sure to keep bowlfuls of steaming rice on hand.

Toss and coat **10 pieces chicken drumsticks** with **½ cup garlic ranch dressing**. Chill in the refrigerator for 30 minutes. In a large bowl, mix together **1¼ cups breadcrumbs** with **1 (8-gram) pack Maggi Magic Sarap All-in-One Seasoning**. Roll each drumstick in breadcrumb-seasoning mixture until well-coated. Deep-fry drumsticks in **hot oil** until golden and cooked through.

REVIEW SPOTLIGHT

Dinner: A Love Story

Working mom Jenny Rosenstrach started the "Dinner: A Love Story" blog with the intention of helping parents deal with picky eaters and kitchen fatigue.

The post that got me hooked was one cleverly titled "Money in the Bank," where Jenny, a former editor at *Real Simple* and *Cookie* magazines, writes about the benefits of cooking basics like chicken stock, marinara sauce, or pizza dough in advance and depositing it in the freezer for future consumption. These dishes represent dinner-table security and will save you in a pinch, she says. Don't feel like cooking? No time? Withdraw from the bank.

It's a concept that's simple enough, but what makes Jenny's blog so lovable is the way she weaves in stories about her family and the tactics she sneakily employs to get her kids to eat more. An experience in deconstructing a pasta dish with broccoli and sausage to please all members of the family (one doesn't eat pasta, the other refuses to have sausage) results in a post on "Venn Diagram Dinners." In another post, "MVP of the Picky Eater Arsenal: The Waffle Iron," she writes about successfully getting her daughter to eat a grilled cheese sandwich by using the waffle iron as a stand-in for a panini maker.

Bookmark the site and browse through it for inspiration the next time you're planning the week's menu. And if you want even more ideas, Jenny teamed up with her co-editors at *Cookie* to write the recently released cookbook *Time For Dinner*. We hear it's just as wonderful as her blog!—*Liezl Yap*

Read Dinner: A Love Story *at www.dinneralovestory.com.*

Chef's tip

When cooking Chinese dishes, keep these staples within reach: fried garlic, potato starch, baking powder, black beans, chicken powder, sugar, cinnamon salt, liquid seasoning, mushroom-flavored dark soy sauce, sesame oil, oyster sauce, and black vinegar.

—Gare Abellar, Sous Chef, Lotus Court, Marco Polo Davao

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PRACTICE IT:
Ways to cut your grocery bill

THE DILEMMA You're always looking for ways to trim down grocery expenses. How do you keep within your budget while still managing to eat well?

HOW TO SHOP SMART There are many ways to be a smarter shopper, but it all boils down to being attentive. At large supermarkets where several different companies consign produce, the per-kilo price can vary dramatically for the exact same fruits and vegetables. Check the price and the label to make sure you're not getting stiffed. Also, before buying something your household uses often, divide the price by the weight of the product. You'll be surprised—sometimes, it actually isn't cheaper to purchase items in bulk. Another handy tip? Keep an eye out for overripe fruits on sale. Though they're past their prime, you can still use them in baked goods, jam, and juice. The savings from these practices might seem marginal, but every peso adds up!

Good stuff

No-Cream Cream of Zucchini

This creamy soup doesn't have a drop of cream in it! Try it, and don't forget the smoked paprika—it makes the dish.

GRAB 1 teaspoon chili powder • 1 tablespoon olive oil • 1 white onion, chopped • 3 cloves garlic, minced • 2 medium zucchini, peeled and chopped • 2 large potatoes, peeled and chopped • 3 cups vegetable or chicken stock • juice from half a lemon • pinch of nutmeg • salt and white pepper to taste • smoked paprika and dill for garnish

MAKE Heat chili powder in olive oil until fragrant. Sauté onions and garlic. Add zucchini and potatoes, mix well. Add stock and bring to a boil, then reduce heat and simmer for 10 to 15 minutes. Purée in a blender. Transfer back to the pot and add lemon juice and nutmeg. Season to taste. Divide into bowls and finish off each bowl with several dashes smoked paprika and dill sprigs. *Serves 4.*

We asked:
WHAT'S YOUR GO-TO DISH FOR POTLUCKS?

My specialty is Linguine with Macau Sausage. I brought it to my brother-in-law's *despedida* a couple of months ago and the guests loved it! Sauté garlic and onion in butter and olive oil; add the Macau Sausage. When cooked, add spaghetti sauce and all-purpose cream, toss in the cooked pasta, and it's done!—*Aileen Santos*

Rub a whole chicken with *calamansi*, salt, and butter. Stuff cavity with bay leaves. Transfer to a Dutch oven or heavy-bottomed pan. Pour ¼ cup Kikkoman on chicken with a little water. Simmer on low for 45 minutes, flipping chicken every 15 to 20 minutes. Throw in preferred garnishings afterwards. Serve with rice or pasta.—*Ces Rodriguez*

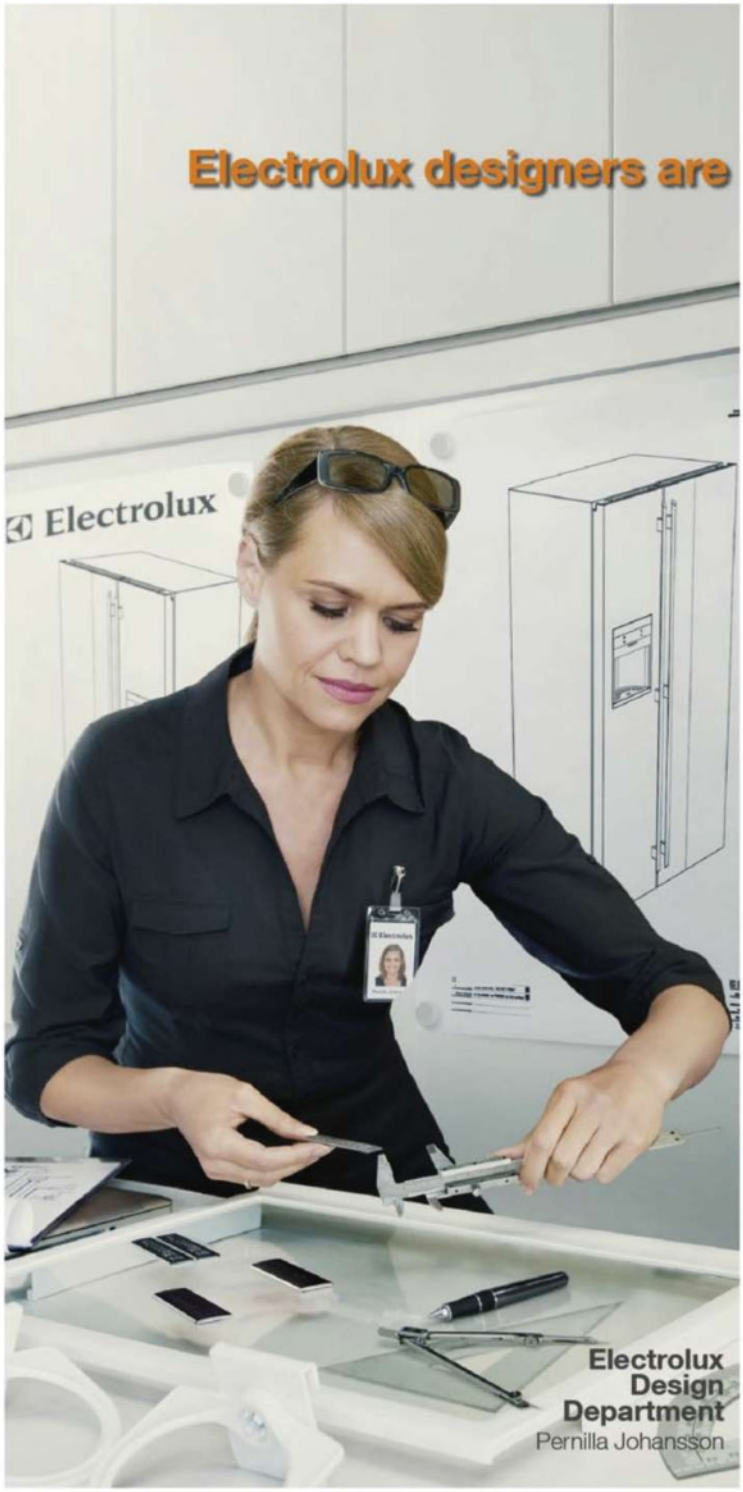
Pancit Guisado. I love it with lots of shrimps and black pepper. It's easy to cook, too. Just sauté all the ingredients, add the noodles and broth, then season to taste.—*Farah Calub*

Shepherd's Pie! Sauté beef with tomato sauce or paste, top with mashed potatoes and lots of cheese. Put it in the oven until the cheese melts.—*Joi Sangalang-Dela Rosa*

Greek casseroles like moussaka or pastitsio! Start with a basic bechamel and tomato sauce, and then add ground beef flavored with cinnamon. Use fried eggplant slices for moussaka and elbow macaroni or penne rigate for the pastitsio.—*Marga K. Manlapig*

Next question

No oven? No problem, right? What's your favorite way to prep desserts without using the hot box? Share your ideas for no-bake desserts! Post your answers on www.facebook.com/yummymagazine, and check out next month's issue for your yummy ideas.



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With attractive solutions for every storage dilemma, this import from Australia helps make kitchens (and every nook of the home!) spic and span.

A PLACE FOR EVERYTHING

Even if you have a tiny kitchen, there's a way to keep it organized. Head to the Kitchen section for ideas! In the Sink section, you'll see a good variety of dish drainers to suit varied space requirements.

SHOP FOR YOUR HOME TOO

Find storage solutions for your wardrobe, shoes, and just about anything that needs organizing.

With a friendly face, this potato peeler makes preparing spuds a fun task. **Potato peeler (P299.75)**

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Get your sodas and beer cans in place with this trusty can rack. **Chrome can rack (P499.75)**

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Stock up on white dishware at friendly prices!

Cute storage for your yummy leftovers! **Three-Set Petite Storage Bowl (P99.75 per set)**

RDS carries many small kitchen appliances useful for home cooks, like this hand mixer with attachments! Aside from mixing and blending, this multi-purpose blender can execute countless prep work such as mincing, emulsifying, crushing ice, and chopping. **Moulinex Click and Mix Hand Blender (P3,200)**

Let the juices flow with this cute liquid decanter. **Polka dot pitcher (P149.75)**

This knife holder is definitely eye candy for the kitchen. **K Tool Knife Holder with five knives (P529.75)**

Make an Asian-inspired table setting with these bamboo placemats. **Chef's Choice Bamboo Placemats (P99.75 each)**

Myrna Segismundo

Accomplished chef Myrna Segismundo opens her home kitchen and continues to spread the love for Filipino food.

Instead of going to culinary school, you graduated with a degree in Hotel and Restaurant Administration (HRA) from UP.
HRA prepares you for being more than just a cook—it involves management, housekeeping, engineering, PR, sales, all those topics that are not present in a culinary program. On the other hand, it doesn't prepare you much for the kitchen either. So I had to go back to my cookbooks, or at least relearn techniques, in order to apply what I already had.

What would you say is your proudest achievement so far as a chef and restaurateur?
Becoming identified with Philippine cuisine. I was born with it and I understand it, therefore I feel confident about promoting it. It's funny how you go out to discover what you're all about, only to come back home again. Which is what I did. I used to live abroad.

What advice do you usually give to aspiring chefs?
Start from the very bottom and move your way up, and act like you still come from the bottom when you're up there. One should never lose one's humility.

Tell us the story behind your New Manila Private Kitchen.
Did you ever play *bahay-bahayan*, *luto-lutuan*? This is it! I've been running restaurants for other people for many years, doing consultancy work, demos, lectures on food service, even television. I've always been into private dining—whether it's in ABS-CBN, or The Sign of the Anvil before, another corporate dining restaurant. So I've gotten used to offering a very personal approach to service and cooking. My nephew, Michael Navarra, a chef who's been living and working abroad for the longest time, has also decided to come home to help me run this kitchen. It's become the direction of his career, having been a personal chef in the Aman resorts in the Turks and Caicos Islands.

You're teaching too, right?
Yes, the concept is cooking classes by day, private dining by night. We'll be open three times a week. There will be a little of everything: takeout, private dining, and teaching, which Michael and I are accustomed to doing. The trends are going back to comfort food, so that's something that we want to specialize in, in keeping with the atmosphere and concept of the facility.

What do you consider pantry must-haves?
Definitely olive oil and butter. Have a few bushes of fresh herbs—for garnish, flavoring, and salads. And of course, a good set of pots and pans.

What are your favorite ingredients?
I like working with vinegar. It cuts some flavor into a dish, and just a drop of it makes a whole lot of difference. Sugar is also very basic to me.

What keeps you busy aside from the restaurant?
Last month, there was the National Food Showdown. For the rest of the year, I look forward to traveling. More than classroom training, it's one of the best teachers for any chef. To eat your way through travel is enough education for someone who is into food.

New Manila Private Kitchen is located at 45 Sunrise Hill, New Manila Rolling Hills Village, Quezon City; tel. no.: 721-0736; newmanilakitchen@gmail.com

PHOTOGRAPHY: AT MACULANGAN ✳ INTERVIEW: LOREN G. EVANGELISTA ✳ HAIR & MAKEUP: BENJIE ANGELES

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Use your noodle

Nothing can beat the convenience of pasta. Want to get dinner on the table fast? Get a pot of water boiling and you're halfway there.

No-slip noodles

(1) Problem: Mid-bite, all that yummy sauce and cheese somehow manages to slide off slippery noodles. Solution: Ridged noodles. Clever! *Ideal gourmet lasagna, P92.50 for 454 grams, SM Supermarket*

Stuffed up

(2) This comes with a cheese and meat filling, so it's practically a meal in itself. Sauté in olive oil and garlic or combine with good ol' tomato sauce. *Bonta tortellini, P114 for 250 grams, The Landmark*

Do the twist

(3) These twisted shapes are designed to hold as much sauce as possible in their little nooks and crannies. Serve 'em up with your favorite marinara, puttanesca, alfredo, or bolognese sauces. *Divella caserecce, P78.85 for 500 grams, The Landmark*

Quickest fix

(4) From stove to table in just four minutes? With quick-cooking pasta, it's possible! Stock up for nights when you're too busy to cook—with these ready-in-a-jiffy noodles and bottled sauce, you'll be done with dinner before you know it. *Del Monte quick-cook spaghetti, P80 for 800 grams, Robinsons Supermarket*

From ear to ear

(5) With a name that means "little ears" in Italian, these noodles aren't just delicious, they're fun to look at too! Pair with spicy sausage for a quick, flavorful meal. *Granoro orecchiette, P96.60 for 500 grams, Robinsons Supermarket*

Popeye's pick

(6) These noodles are made with nutrient-rich spinach—perfect if you love your carbs but still want to eat healthy. For an even healthier dish, serve with spicy shrimp. *Colavita spinach tagliatelle, P109.50 for 500 grams, SM Supermarket*

Penne pals

(7) Cook until al dente, mix in bottled pesto until warmed through, dust with cheese, and enjoy. *San Remo whole-wheat penne, P92.50 for 500 grams, SM Supermarket*

PHOTOGRAPHY: MIGUEL NACIANCENO ✳ TEXT & STYLING: LIEZL YAP

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Everyday Recipes

Blueberry Bread and Butter Pudding

Put your own spin on it! Raspberries and strawberries will also work well for this dish. You can also add some chopped white chocolate to the mixture, if desired.

Serves 6 **Prep Time** 15 minutes, plus soaking time
Cooking Time 30 minutes

- ☐ **6 slices white bread**
- ☐ **2 tablespoons butter**
- ☐ **¼ cup blueberry jam**
- ☐ **2 (375-ml) cans evaporated milk**
- ☐ **3 eggs**
- ☐ **⅓ cup sugar**
- ☐ **1 teaspoon vanilla extract**
- ☐ **½ cup blueberries**
- ☐ **confectioners' sugar, for dusting**

1 Preheat oven to 350°F. Lightly grease 6 (1-cup) ovenproof dishes.
2 Spread each slice of bread with butter and jam. Cut into quarters. Place evenly into prepared ovenproof dishes, slightly overlapping.
3 In a large bowl, whisk together milk, eggs, sugar, and vanilla. Pour over bread. Set aside from 10 minutes, until some of the mixture has been absorbed. Sprinkle blueberries evenly over each.
4 Place dishes in a large baking pan and add enough boiling water to come halfway up the sides of the dishes.
5 Bake for 25 to 30 minutes, until custard is just set. Remove from pan and cool for 5 minutes. Serve dusted with confectioners' sugar.

PHOTOGRAPHY: ROB SHAW * STYLING AND FOOD PREPARATION: SHARON KENNEDY (PUDDING) * STYLING: SHARON KENNEDY (SALMON), SHARON REEVE (SALAD) * FOOD PREPARATION: DOMINIQUE GEKAS (SALAD), LARA REYNOLDS (SALMON)

Tuna and Olive Pasta

Don't be afraid to sub: You can use passata (or tomato purée) in place of diced tomatoes; if you have basil in your herb garden, use it instead of spinach.

Serves 4 **Prep Time** 15 minutes **Cooking Time** 12 minutes

- [ ] **500 grams spiral pasta**
- [ ] **1 tablespoon olive oil**
- [ ] **1 onion, chopped**
- [ ] **2 cloves garlic, crushed**
- [ ] **1 (800-gram) can diced tomatoes**
- [ ] **4 anchovy fillets, chopped**
- [ ] **1 teaspoon sugar**
- [ ] **½ teaspoon chili powder**
- [ ] **1 (425-gram) can tuna, drained and flaked**
- [ ] **½ cup kalamata olives or black olives**
- [ ] **2 tablespoons capers**
- [ ] **50 grams spinach**
- [ ] **crusty bread, to serve**

1 Cook pasta in a large saucepan of boiling salted water according to package directions until al dente.
2 Meanwhile, heat olive oil on medium heat and sauté chopped onion and crushed garlic for 2 to 3 minutes, until tender.
3 Stir in diced tomatoes, anchovies, sugar, and chili powder. Simmer for 10 minutes.
4 Carefully mix through tuna, olives, and capers. Heat gently for 1 to 2 minutes.
5 Toss sauce through pasta with spinach. Serve with crusty bread.

Crumbed Salmon Fingers

Want to to take a healthier route? Bake instead of fry! For a low-fat version, place salmon on a tray, spray with oil and bake in a 400°F oven for 10 to 15 minutes or until cooked to taste. Fresh or dried breadcrumbs can be used in place of Japanese breadcrumbs.

Serves 4 **Prep Time** 20 minutes, plus chilling time
Cooking Time 10 minutes

- [ ] **½ cup all-purpose flour**
- [ ] **1 tablespoon chopped dill**
- [ ] **4 (200-gram) skinless salmon fillets, cut into fingers**
- [ ] **1 egg, beaten lightly**
- [ ] **¾ cup Japanese breadcrumbs**
- [ ] **2 tablespoons canola oil**
- [ ] **30 grams butter**
- [ ] **salad greens, prepared aioli, lemon wedges, to serve**

1 Combine flour and dill in a shallow bowl. Dust salmon in flour, shaking off excess. Coat in egg, then press into crumbs. Chill for 15 minutes.
2 Heat oil and butter together in a frying pan on high. Cook salmon fingers in 2 batches for 2 to 3 minutes on each side until golden.
3 Drain on paper towels. Serve with salad greens, aioli, and lemon wedges, if desired.

Hey, Home Baker!

BY AILEEN ANASTACIO

Halloween is just around the corner! As the holiday nears, I'm already preparing Sabrina's costume. Aside from Christmas, this is probably the only other holiday that kids get really excited about. It's a day when they can choose to be a princess, a fairy, or a little monster! Sabrina told me that she wants to be a mermaid fairy princess. When I asked why, she explained, "So I can swim and live under the sea, have wings to fly, do magic, and be able to wear a crown." Wow, it's even better than being a superhero!

There will be a kiddie party at my mom's place come trick-or-treat time and I'm arranging a cupcake decorating activity for my nieces and nephews. Whoever makes the best and scariest design will get a special prize from me!

Want to make scary cupcakes of your own? Here's the recipe! The cupcake base is red velvet—all the ingredients are very basic and easy to find. You'll only need a wooden spoon and a bowl to mix it, but an oven with the right temperature is a must. You can bake these cupcakes about two days in advance, but keep them in an airtight container once cooled completely and store in a cool area.

Monster Cupcakes

ABOUT THE COLUMNIST Aileen Anastacio is best known as the chef and president of bakeshop-café Goodies 'n Sweets. She is also the author of Home Café, a book on desserts and coffee. For more of Aileen's recipes and to read about her culinary adventures, visit gourmetgoodies.blogspot.com. To download Aileen's recipes on your mobile phone, text CHEF to 2346 or go to http://chefaileen.com on your WAP browser. Corresponding charges per MMS download will be applied.

MONSTER CUPCAKES

Makes 24 to 28 cupcakes **Prep Time** 15 minutes **Baking Time** 16 to 18 minutes

- ☐ **2⅔ cups all-purpose flour**
- ☐ **3 tablespoons cocoa powder**
- ☐ **1½ tablespoons baking powder**
- ☐ **1 teaspoon baking soda**
- ☐ **1 teaspoon salt**
- ☐ **1⅔ cups oil**
- ☐ **1⅔ cups sugar**
- ☐ **3 eggs**
- ☐ **2 teaspoons vanilla extract**
- ☐ **2 teaspoons vinegar**
- ☐ **2 tablespoons red food coloring**
- ☐ **1 cup buttermilk**
- ☐ **big and small marshmallows, jelly candies, gummy candies, chocolates and sprinkles for decorating**

For the buttercream icing

- ☐ **1 cup sugar**
- ☐ **½ cup egg whites**
- ☐ **1½ cups butter, cut into tablespoons, softened**
- ☐ **food coloring of your choice**

1 Preheat oven to 350°F. Line 2 (12-hole) muffin pans with cupcake liners. Set aside.
2 In a separate bowl, sift together flour, cocoa powder, baking powder, baking soda, and salt. Set aside.
3 In the bowl of an electric mixer or using a wooden spoon, combine oil and sugar. Mix on medium speed.
4 Add eggs one at a time, then add the vanilla and vinegar. Add the food coloring. Mix until the mixture turns red. Reduce speed to low.
5 Gradually add the dry ingredients to the batter alternately with the buttermilk. Mix the batter just until well combined.
6 Spoon or scoop the batter into the muffin pans, until about three-fourths full. Bake for 16 to 18 minutes or until a cake tester inserted in the center of a cupcake comes out clean.
7 Cool cupcakes completely on wire racks before frosting.
8 Make the buttercream icing: Place sugar and egg whites in the heatproof bowl of an electric mixer and set over a pan of simmering water. Whisk constantly until sugar is dissolved and mixture registers 140°F on an instant-read thermometer. Transfer bowl to an electric mixer fitted with the whisk attachment. Whisk on medium-high speed until fluffy and cooled, about 10 minutes. Continue beating until stiff, glossy peaks form. Reduce speed to medium-low; add butter a tablespoon at a time, beating well after each addition.
Add a couple drops food coloring as desired. Mix until uniform in color. Set aside until ready to use.
9 Once cupcakes are cooled, frost cupcakes with buttercream icing. Decorate with marshmallows, candies, chocolates, and sprinkles to make scary monsters as desired.

Color plan For brighter solid colors and to prevent the buttercream icing from bleeding, use food coloring paste instead of the liquid kind.

PHOTOGRAPHY: PATRICK MARTIRES ✳ STYLING: PAULYNN CHANG AFABLE ✳
HAIR & MAKEUP: BENJIE ANGELES ✳ PROPS FROM SAIZEN

Quick and Casual

BY MYRA SANTIAGO

A good Italian meatball is juicy, flavorful, and doesn't fall apart. To achieve this, you'll need to do three basic things: Brown it, season it properly, and use the right amount of binders to keep the meat together without drying it out. Beyond this, there are a hundred other ways to make your favorite meatball. But for today, let's stick to my all-time favorite—plus a tip on what to do with the extra balls.

You see, when I make meatballs, I usually double the recipe and freeze what I don't use immediately. It holds well, it's great for emergencies, and it's universally loved by kids—especially when made into a submarine sandwich. Here's how: Slice a baguette into 4 pieces and slice each piece in half lengthwise. Create a well in each piece of bread. Place 2 to 3 meatballs in each well and spoon marinara sauce over. Top with grated cheese and place in a hot oven to melt cheese. Serve immediately.

Oh, and another thing, combining meats is recommended for that extra layer of flavor. If you are able to get your hands on ground veal, try one-third portion each of ground beef, pork, and veal. This is meatball heaven.

ABOUT THE COLUMNIST

A writer and former editor, Myra never knew she could cook until she married a very hungry man. Though her husband is gone, they have three sons who are now just as hungry as their dad and are her main critics every day, especially when she's testing new recipes. She has also come to discover her inner foodie and, with her boys in tow, plans to eat her way around the world.

Italian Meatballs in marinara sauce

Makes 8 to 10 large meatballs **Prep Time** 15 minutes **Cooking Time** 30 minutes

- ☐ **½ kilo ground beef (or ¼ kilo ground beef plus ¼ kilo ground pork)**
- ☐ **⅛ cup breadcrumbs**
- ☐ **¼ cup grated Parmesan cheese**
- ☐ **¼ cup milk**
- ☐ **2 eggs, beaten well**
- ☐ **2 cloves garlic, minced**
- ☐ **½ white onion, minced**
- ☐ **½ teaspoon dried oregano**
- ☐ **1 teaspoon salt**
- ☐ **¼ teaspoon ground pepper**
- ☐ **olive oil for frying**
- ☐ **chopped parsley for garnish (optional)**

For the basic marinara sauce

- ☐ **2 to 3 tablespoons olive oil**
- ☐ **2 cloves garlic, peeled**
- ☐ **1 (400-gram) can whole tomatoes**
- ☐ **fresh basil, chopped**
- ☐ **salt and pepper to taste**

1 Prepare the meatballs: In a mixing bowl, combine ground beef, breadcrumbs, cheese, milk, eggs, garlic, onion, dried oregano, salt, and pepper. Using your hands, thoroughly combine all the ingredients. Form ground beef mixture into large, palm-size balls. Set aside.

2 Make the marinara sauce: In a saucepan, heat olive oil. Add garlic and sauté until slightly golden. Add tomatoes and juices and simmer on medium-low heat for 10 to 15 minutes.

3 Meanwhile, fry the meatballs: Heat olive oil on medium heat and brown meatballs slowly on all sides. Once done, set aside.

4 Check the consistency of the sauce. Once it has reduced, add fresh basil, take off heat, and carefully place in a food processor or blender. On low speed, coarsely blend tomatoes into a chunky-smooth sauce. Return sauce to the saucepan over medium heat and season with salt and pepper.

5 Place meatballs in the sauce and allow to cook, covered, on low heat for about 15 minutes.

6 Garnish with parsley, if desired, and serve while hot. Serve with pasta or rice.

PHOTOGRAPHY: MIGUEL NACIANCENO ✳ STYLING: PAULYNN CHANG AFABLE ✳ HAIR & MAKEUP: BENJIE ANGELES

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Extra Special

BY PIXIE SEVILLA-SANTOS

If there is one thing everyone in my family has in common, it's a love for hot pot or shabu-shabu. We always try to find the best and newest shabu-shabu place in town! Shabu-shabu is Japanese for "swish-swish." I can just imagine how they came up with the word: Since the guests participate in the cooking of the broth by placing their desired vegetables, meat or seafood in the pot, there is a lot of swishing that goes on.

For me, entertaining guests for dinner automatically means preparing a hot pot meal. It's so easy to prepare and very flexible (since you can customize the condiments depending on what your guests like). I remember I was so excited to have our first shabu-shabu dinner with guests. I bought the small net-like spoons, soy dishes, chopsticks and their mini ceramic stands, and an induction stove that can be safely placed on top of the table. This is one great meal to share with friends and family—it's hot, healthy, and hearty.

ABOUT THE COLUMNIST

The creator of Forget Me Not specialty cakes, Pixie is also a food stylist, cookbook author, and pastry chef instructor. She has studied at the Culinary Institute of America Greystone in Napa County, California and the California Culinary Academy in San Francisco, California. These days, she teaches Baking and Pastry Arts at MIHCA (www.mihca.com.ph) on United Nations Avenue. A frequent traveler, Pixie always comes home with the best kind of souvenir—food.

Hot Pot Saté Broth

Serves 6 to 8 **Prep Time** 20 minutes **Cooking Time** 30 minutes

- ☐ **2 liters water**
- ☐ **4 beef bouillon cubes**
- ☐ **4 tablespoons XO sauce (BBQ sauce)**
- ☐ **1 pack (about 15 pieces) fish balls, lobster balls, or prawn balls**
- ☐ **1 pack (about 12 pieces) dumplings**
- ☐ **¼ kilo shiitake mushrooms**
- ☐ **¼ to ½ kilo sukiyaki-cut beef**
- ☐ **1 bunch each kinchay, polonchay, *kangkong*, Taiwan pechay**
- ☐ **1 pack firm tofu for shabu-shabu**
- ☐ **1 (5- to 10-gram) pack vermicelli noodles (*sotanghon*)**
- ☐ **250 grams prawns, peeled and deveined (optional)**

For the dipping sauce

- ☐ **XO sauce**
- ☐ **light soy sauce**
- ☐ **bird's eye chili (*siling labuyo*), sliced**
- ☐ **minced garlic**
- ☐ **sliced leeks**

1 Make the broth: Bring water to a boil in a large saucepot. (If using induction stove, use a stainless steel pot. If using a camping butane burner, use a normal pot.) Add bouillon cubes. When cubes are dissolved, add the XO sauce. Stir to dissolve.

2 When broth is rapidly boiling, dunk seafood balls, dumplings, mushrooms, and beef. Cook for 10 to 15 minutes.

3 Add the vegetables; cook for 3 to 5 minutes. Add the tofu (carefully because it breaks easily in the broth). Add the *sotanghon* last because this will absorb most of the soup the longer it is immersed in the broth; cook for 5 to 10 minutes. Transfer for a serving bowl.

4 Make the dipping sauce: Combine all ingredients together. Serve with the hot pot.

Restaurant-style To have a more interactive meal, make the broth in advance. Place a tabletop burner (induction or camping butane burner) on top of your table, set the pot with the broth over it, and let it simmer continuously. Place the uncooked ingredients in individual platters and let guests cook on their own.

PHOTOGRAPHY: MIGUEL NACIANCENO ✳ STYLING: PAULYNN CHANG AFABLE ✳ HAIR & MAKEUP: BENJIE ANGELES

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The Healthy Way

BY JUN JUN DE GUZMAN

Brown Rice Risotto

Serves 6 to 8 **Prep Time** 20 minutes **Cooking Time** 30 minutes

- **1 tablespoon minced garlic**
- **1 cup sliced onions**
- **¼ cup extra virgin olive oil**
- **200 grams assorted fresh mushrooms (shiitake, portobello, oyster, button), sliced**
- **salt and pepper to taste**

For the risotto

- **1 tablespoon minced garlic**
- **1½ cups finely chopped onions**
- **¼ cup extra virgin olive oil**
- **2 teaspoons chopped fresh rosemary, plus an extra sprig or two for garnish**
- **2 cups brown rice**
- **4 to 5 cups chicken stock**

1 Sauté garlic and onions in olive oil, then add sliced mushrooms and cook well. Season with salt and pepper, and let cool.
2 Make the risotto: Sauté garlic and onions in olive oil; cook until onions are translucent. Add the rosemary and then the brown rice. Cook for a few minutes. Add half a cup of stock at a time, mixing the rice until it absorbs the stock. Continue until rice is cooked al dente, with a bit of bite to it. The mixture should look creamy and wet.
3 Mix in the cooked mushrooms and cook for another 2 minutes. Garnish with a sprig or two of rosemary. Serve.

The perfect risotto is creamy and al dente. In my recipe, the brown rice has the perfect bite to it and a lovely flavor coming from the assorted fresh mushrooms. This dish requires a two-step cooking process—the mushrooms are cooked separately from the rice. This ensures that the mushrooms are not mushy and overcooked. If you notice, aside from being al dente, my risotto is also creamy—without using cream! This is achieved through slowly adding just enough stock for the rice grains to absorb. The grains release starch which allows for the best texture. Since this risotto is tasty enough as it is, there's no need to add heavy cream or cheese since these add extra calories.

One last tip when making this dish: Make sure to check the label of your brown rice for the cooking instructions. The cooking time of this risotto is dependent on the type of brown rice you have. Certain brands of brown rice require pre-soaking in water for a few hours before it can be used.

Stock up Risotto is still best made with homemade chicken stock. The next time you cook chicken, save the bones and freeze them until you have enough to make a big batch of stock.

ABOUT THE COLUMNIST

A graduate of the Peregrine school of Cordon Bleu London, Jun Jun de Guzman is a popular chef-instructor as well as programs director at the Center for Asian Culinary Studies (CACS) in San Juan. He is also a member of the Council of Chefs of the USDA-FAS. Whenever he can, Jun Jun heads abroad for further studies. Most recently, he was at The French Culinary Institute in New York taking bread courses (Parisian Breads, Whole Grain and Flat Breads, and Breakfast Breads and Pastries). He chronicles his life as a chef and shares recipes on his blog, www.chefjunjun.com.

PHOTOGRAPHY: MIGUEL NACIANCENO ✳ FOOD STYLING: JUN JUN DE GUZMAN ✳ PROP STYLING: PAULYNN CHANG AFABLE

CHICKEN celebration

- **6 large boneless chicken breasts**
- **6 ham slices**
- **3 tbsp. Worcestershire sauce**
- **salt and pepper**
- **½ cup CREAM Pure Cornstarch**
- **1 egg beaten**
- **1 cup fresh bread crumbs**
- **oil, for frying**

Make 2-1/2 inch pocket on each breast by slicing from the side. Taking care to avoid making holes by piercing the chicken too far on the sides. Slice each ham in two. Bat out chicken a little then stud with ham slices. Cut out any ham sticking out from the pocket. Marinate in Worcestershire sauce for at least 1 hour. Season with salt and pepper. Dredge each piece with CREAM Pure Cornstarch, dip in egg and then coat with bread crumbs. Shallow fry until golden brown.

Homemade for the Holidays

christmas BALLS

- **6 firm bananas**
- **2 eggs, slightly beaten**
- **½ cup CREAM All-Purpose Flour**
- **1 tbsp. butter, melted**
- **2 cups oil, for deep frying**
- **2 tbsp. honey**

Prepare batter by shifting together the dry ingredients. Cream the butter, egg and CREAM All-Purpose Flour together. Add to dry ingredients, stirring only until moistened. Peel bananas. Cut into 1-1/2 inch lengths. Dip into batter, spreading batter evenly over bananas. Fry in deep hot oil (375°F) for 3 minutes or until golden brown. Drain on paper towel and serve with honey.

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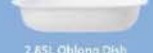
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SUMMIT MEDIA

Weekday COOKING

Diner delight

Burgers, pancakes, and shakes—all the elements to recreate a fun diner experience at home!

PHOTOGRAPHY: PATRICK MARTIRES ✳ RECIPES & STYLING: RACHELLE SANTOS
✳ PROPS FROM SAIZEN AND LIVING WELL

MONDAY

BUTTERMILK PANCAKES WITH CHOPPED APPLES

These pancakes are incredibly light and fluffy—just how pancakes should be. Set aside the instant mixes and make your diner-style pancakes from scratch. It's so easy and yummy!

Serves 4 **Prep Time** 15 minutes **Cooking Time** 20 minutes

For the pancakes

- ☐ **1 cup all-purpose flour**
- ☐ **1 tablespoon sugar**
- ☐ **½ teaspoon salt**
- ☐ **½ teaspoon baking powder**
- ☐ **¼ teaspoon baking soda**
- ☐ **1 cup buttermilk**
- ☐ **1 egg, beaten**
- ☐ **2 tablespoons butter, melted**
- ☐ **oil for brushing pan**
- ☐ **¼ cup softened butter, to serve**
- ☐ **pancake or maple syrup, to serve**

For the chopped apples

- ☐ **⅓ cup sugar**
- ☐ **2 tablespoons water**
- ☐ **2 Red Delicious apples, cored, chopped into small cubes, and mixed with 1 tablespoon lemon juice**

1 Prepare the pancake batter: Combine all the dry ingredients in a medium bowl using a whisk. In another bowl, combine buttermilk, beaten egg, and melted butter. Pour the wet ingredients into the dry ingredients and whisk just until mixed.

2 Heat pan and brush generously with oil. Pour ⅓ or ¼ cup batter at a time, depending on desired pancake size. When pancake base starts to brown and the surface starts to bubble, flip and cook the other side. Re-oil the pan and repeat to cook remaining batter.

3 Stack three or more pancakes on a serving plate. Place a pat of butter on the center. Top with chopped apples and drizzle with pancake or maple syrup.

4 Make the chopped apples: Place sugar and water in a small saucepan. Over low heat, dissolve sugar until it turns into a colorless syrup. Cool. Add chopped apples. Serve with pancakes.

TUESDAY

COUNTRY FRIED CHICKEN WITH GRAVY

Take a bite and relish the delightful crunch of this golden, crispy, absolutely juicy chicken. Play around with the flavor by trying out different herbs and spices to season the chicken and flour.

Serves 4 **Prep Time** 20 minutes **Cooking Time** 20 minutes

- ☐ **8 boneless chicken thighs or boneless chicken breast halves (if using breast, pound lightly using meat mallet to flatten the meat)**
- ☐ **1½ tablespoons lemon or *calamansi* juice**
- ☐ **2 teaspoons salt, divided**
- ☐ **2 teaspoons pepper, divided**
- ☐ **1¼ cups all-purpose flour**
- ☐ **1 teaspoon cayenne pepper**
- ☐ **1 teaspoon ground oregano**
- ☐ **1 egg, beaten**
- ☐ **¼ cup milk**
- ☐ **cooking oil or lard for deep-frying**
- ☐ **mashed potatoes and buttered vegetables to serve (optional)**

For the gravy

- ☐ **2½ tablespoons butter**
- ☐ **2½ tablespoons all-purpose flour**
- ☐ **¼ cup warm milk**
- ☐ **1 cup warm chicken stock**
- ☐ **1 teaspoon liquid seasoning**
- ☐ **salt and pepper to taste**

1 Season chicken with lemon or *calamansi* juice, 1 teaspoon salt, and 1 teaspoon pepper.
2 In a medium bowl, combine flour, remaining salt and pepper, cayenne pepper, and oregano. Mix well. In a shallow bowl, mix together beaten egg and milk.
3 Dredge chicken in the flour mix, then dip in egg mixture, then dredge again in the flour mix. Let stand for 1 to 2 minutes.
4 Heat oil or lard in a deep frying pan over medium heat. Deep-fry the chicken a few pieces at a time, about 8 minutes, until coating is golden and chicken is cooked through. Serve with gravy, mashed potatoes, and buttered vegetables, if desired.
5 Make the gravy: Melt butter in a saucepan. Add flour and cook for 1 minute until lightly golden. Add warm milk and whisk until smooth. Add stock and continue whisking until thick. Season with liquid seasoning, salt, and pepper. Keep warm until ready to serve.

WEDNESDAY

TEX-MEX BURGER

What makes a good burger patty? Two things: good quality beef and salt. No frills—just all beef flavor. Match it with some Mexican flavors or create your own fixings.

Serves 4 **Prep Time** 10 minutes **Cooking Time** 15 minutes

For the cilantro-lime mayo

- ☐ **½ cup mayonnaise**
- ☐ **1 tablespoon chopped cilantro**
- ☐ **1 teaspoon lime juice**
- ☐ **½ teaspoon lime zest**
- ☐ **salt, black pepper, and chili pepper to taste**

- ☐ **600 grams ground brisket**
- ☐ **1 teaspoon salt**
- ☐ **2 tablespoons cooking oil**
- ☐ **4 thin slices Cheddar, Swiss, or any melting cheese**
- ☐ **4 hamburger buns, split**
- ☐ **4 lettuce leaves**
- ☐ **⅓ cup store-bought salsa**
- ☐ **french fries, to serve (optional)**

1 Make the cilantro-lime mayo: Combine all the ingredients in a bowl and season to taste with salt, black pepper, and chili pepper. Refrigerate until ready to use.

2 Make the burger patties: In a bowl, combine ground brisket and salt. Divide equally into four. Roll into a ball then flatten into patties.

3 Heat oil in a cast-iron pan or griddle. Fry the patties, flipping only once. For medium well burgers, cook for 6 minutes on each side. Top patties with cheese in the final minute of cooking to melt. Transfer to a plate.

4 Wipe the skillet with paper towels then toast the buns cut-side down, for 1 to 2 minutes, until warm and lightly golden.

5 Spread cilantro-lime mayo on the insides of the bun. Place lettuce and the patties on the bread. Top with salsa. Serve with french fries, if desired.

THURSDAY

COFFEE KAHLUA AND MALT ICE CREAM PIE

Leave ample room for dessert, as this irresistible ice cream pie is three-inches high! Chocolate, spiked coffee, and malted milk balls—this treat meets all the criteria for a perfect meal-ender.

Serves 4 **Prep Time** 40 minutes, plus 12 hours freezing time

- ☐ **8 pieces chocolate sandwich cookies, filling removed and cookies crushed into fine crumbs**
- ☐ **¼ cup melted butter**
- ☐ **2 pints cappuccino, coffee, or mocha ice cream**
- ☐ **3 tablespoons Kahlua or any coffee-flavored liqueur**
- ☐ **1¼ cups chocolate malt balls (we used Maltesers), divided**
- ☐ **whipped cream for topping**
- ☐ **chocolate syrup for topping**

1 Cover the bottom of a round 6x3-inch removable-bottom pan with aluminum foil, and line the sides with plastic wrap. In a bowl, mix cookie crumbs and butter. Press crumbs onto the bottom of the pan. Cover in aluminum foil and freeze for 4 hours.

2 When cookie crust is ready, remove ice cream from the freezer and let stand for 15 minutes until softened. Transfer to a large bowl and mix with Kahlua and 1 cup chocolate malt balls. Fill crust with ice cream mixture. Cover with plastic wrap and freeze for 8 hours or until set.

3 When ready to serve, transfer pie to a platter and top with whipped cream, chocolate syrup, and remaining chocolate malt balls. Serve immediately.

tip To make cookie crumbs, remove filling, place cookies in a food processor fitted with the blade attachment, and process for 10 to 15 seconds. Alternatively, you may place the cookies in a large freezer bag, seal, and crush using a rolling pin.

FRIDAY

DINER MILKSHAKE DUO

Take a sip down memory lane. These delightful shakes—complete with whipped cream, a drizzling of chocolate syrup, and a cherry on top—will surely appeal to the kid in you.

Vanilla Choco Mint Shake

Serves 1 to 2 **Prep Time** 10 minutes

- ☐ **3 large scoops vanilla ice cream**
- ☐ **1 cup milk**
- ☐ **1 tablespoon chocolate syrup**
- ☐ **5 pieces mint chocolate (we used Andes Mint), chopped roughly**
- ☐ **whipped cream, extra chocolate syrup, and cherries for topping**

1 Place ice cream, milk, chocolate syrup, and mint chocolates in a blender. Process until smooth but still with remaining small chunks of chocolate. Drizzle syrup on the inside of one tall milkshake glass or two medium glasses, making four chocolate syrup lines per glass. Pour shake in the glass or glasses.
2 Pipe whipped cream on top, drizzle with chocolate syrup, and top each with a single cherry.

Pistachio de Leche Milkshake

Serves 1 to 2 **Prep Time** 10 minutes

- ☐ **3 large scoops pistachio ice cream**
- ☐ **1 cup milk**
- ☐ **1 tablespoon caramel syrup**
- ☐ **6 pieces *pastillas de leche*, chopped roughly**
- ☐ **whipped cream, ground cinnamon or caramel syrup, and cherries for topping**

1 Place ice cream, milk, caramel syrup, and *pastillas de leche* in a blender. Process until smooth but with remaining small chunks of *pastillas*. Transfer to a tall milkshake glass or two medium glasses.
2 Pipe whipped cream on top, sprinkle ground cinnamon or drizzle with caramel syrup, and top each with a single cherry.

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IF YOU HATE HOUSE CHORES...

...chances are your kids will hate them, too.

EVERY PARENT WANTS THEIR KIDS TO BE RESPONSIBLE, and a great way to teach them responsibility is through housework. Treat housework as an opportunity to impart healthy work values and skills your children can use when they grow up.

Good Housekeeping's October issue highlights strategies and tips in keeping your home spic and span, and also adopting "clean" attitudes inside and out. Highlights include how to clear and prevent clutter, the minute details of skin care, and weekend destinations where your family can experience nature and the organic way of life.

Clean living is healthy living, and that doesn't have to be a chore.

FIND USEFUL TIPS AND TRICKS IN GOOD HOUSEKEEPING'S OCTOBER ISSUE

- A "GREEN LIVING" SPECIAL SECTION
- TWO WEEKS' WORTH OF BREAKFAST IDEAS—NO REPEATS!
- MAKE YOUR HOME SPOTLESS—WHETHER YOU'VE GOT ONE WEEKEND OR ONE HOUR
- WHAT A LOT OF PEOPLE DON'T KNOW ABOUT DENGUE
- AND MORE!

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Weekend ENTERTAINING

Cantonese cravings

THE MENU

- **Prawn and Pork Wonton Triangles**
- **Steamed Chicken in Shaoxing Wine with Purple Yam, Chinese Sausage, and Shiitake**
- **Chilled Mango Sago with Coconut Milk and Melon Balls**

PHOTOGRAPHY: AT MACULANGAN + RECIPES: CHEF HIM UY DE BARON + STYLING: PAULYNN CHANG AFABLE + PROPS FROM GOURDO'S AND SAIZEN

tip Use Shaoxing wine in your Chinese recipes—it imparts an anise-like flavor to dishes. Dried shiitake mushrooms are great for slow-cooked food as well, as they impart their flavor to the sauce.

STEAMED CHICKEN IN SHAOXING WINE WITH PURPLE YAM, CHINESE SAUSAGE, AND SHIITAKE

Can't jet off to Hong Kong? Bring Hong Kong to your dinner table by whipping up Chef Him Uy de Baron's delectable menu. All it takes is some chopping and steaming so this chicken dish is easy and healthy!

Serves 4 **Prep Time** 10 minutes, plus 1 hour marinating time **Cooking Time** 40 minutes to 1 hour

For the marinade

- ☐ **1 tablespoon sesame oil**
- ☐ **2 tablespoons Shaoxing wine**
- ☐ **3 tablespoons light soy sauce**
- ☐ **2 teaspoons sugar**
- ☐ **1 teaspoon chicken powder**
- ☐ **1 (1-inch) piece ginger, smashed**
- ☐ **1 tablespoon potato starch or cornstarch**
- ☐ **pepper to taste**

- ☐ **1 whole chicken, cut into 8 pieces**
- ☐ **2 pieces small purple yam, cut into 1-inch cubes**
- ☐ **2 pieces Chinese sausage, sliced**
- ☐ **6 pieces dried shiitake mushrooms, soaked in water until soft and sliced**
- ☐ **1 onion leek, sliced, for garnish**
- ☐ **enoki mushrooms for garnish (optional)**

1 Place all the ingredients for the marinade in a bowl; mix. Marinate chicken in the mixture for at least 1 hour or overnight.
2 Preheat a steamer. (You can use a lidded bamboo steamer and place it over a wok with boiling water.) Place chicken with marinade on a plate (small enough to fit into the steamer) with yam, sausage, and mushrooms. Steam for 40 minutes to 1 hour until chicken is cooked and tender.
3 You may serve and keep it warm inside the bamboo steam basket. Garnish with sliced leeks and raw enoki mushrooms.

tip Clean your oil with a stainless steel skimmer to achieve a consistent golden brown color for your fried food items.

PRAWN AND PORK WONTON TRIANGLES

Start with these super easy, crispy dumplings and you'll successfully draw your guests into a Hong Kong state of mind.

Makes 20 to 24 dumplings **Prep Time** 40 minutes
Cooking Time 10 minutes

- **150 grams pork picnic (*kasim*), minced into ¼-inch cubes**
- **50 grams pork back fat, minced into ¼-inch cubes**
- **150 grams prawns, minced into ¼-inch cubes**
- **10 grams dried woodear mushrooms, reconstituted in warm water and minced into ¼-inch cubes**
- **2 teaspoons sesame oil**
- **2 teaspoons oyster sauce**
- **1 teaspoon sugar**
- **dash of pepper**
- **2 tablespoons potato starch or cornstarch**
- **2 tablespoons chopped spring onion**
- **20 to 24 pieces wonton wrappers**
- **1 egg, whisked, to use as egg wash**
- **oil for deep-frying**
- **sweet chili sauce, to serve**

1 Place all the ingredients in a bowl except wonton wrappers, egg, oil, and chili sauce; mix together.
2 Make wonton triangles by placing a spoonful of the prawn-pork mix into the center of each wrapper. Brush with egg wash and fold to make triangles.
3 Heat enough oil to deep-fry the triangles. Make sure that the oil is not too hot that the wrappers blister and brown within seconds. Fry in batches and drain excess oil on paper towels. Serve with sweet chilli sauce.

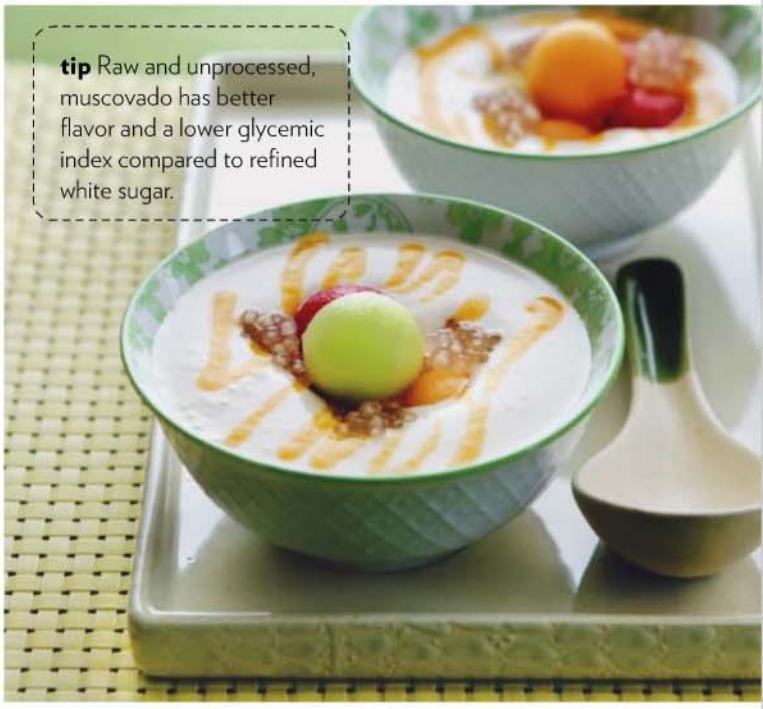
CHILLED MANGO SAGO WITH COCONUT MILK AND MELON BALLS

The key to a refreshing and pretty dessert? Spoon some sweetened coconut milk, sago, mangoes, and melons into a bowl. Voilà!

Serves 6 to 8 **Prep Time** 10 to 30 minutes, including chilling time
Cooking Time 2 minutes

- **¼ cup muscovado sugar (or more to taste)**
- **6 cups coconut milk, chilled**
- **3 cups mango purée**
- **3 cups crushed ice**
- **½ cup cooked tapioca**
- **1 cup each watermelon, melon, and honeydew balls, chilled**

1 In a saucepan, add sugar to the coconut milk and simmer just to dissolve the sugar. Chill. (You may do this 8 hours in advance.)
2 In individual glasses or bowls, pour in ½ cup mango purée, top with ½ cup crushed ice and about 1 tablespoon tapioca, then pour in 1 cup coconut milk. Drizzle with more mango purée, if desired. Top with a couple of melon balls and more tapioca. Repeat with the rest of the ingredients.



tip Raw and unprocessed, muscovado has better flavor and a lower glycemic index compared to refined white sugar.

Italian *at home*

Bring a slice of *la dolce vita* to your table with this hearty Mediterranean spread. It's a sumptuous feast of flavors, celebrating the culinary wonders of *bella* Italia.

Photography by At Maculangan Recipes by Maj Lazatin of Mix n' Maj
Art Direction by Jonathan Roxas Styling by Rachelle Santos Props from Rustan's Department Store and Living Well

MINESTRONE WITH RICE AND CHESTNUTS

Enjoy an assortment of vegetables in this comforting soup. So hearty and full of flavor, it can be a meal on its own.

Serves 4 **Prep Time** 10 minutes **Cooking Time** 45 minutes

- ☐ **5 tablespoons olive oil**
- ☐ **1 white onion, chopped**
- ☐ **5 bay leaves**
- ☐ **2 carrots, peeled and cubed**
- ☐ **4 stalks celery, trimmed and cubed**
- ☐ **1 large potato, peeled and diced**
- ☐ **1 zucchini, peeled and diced**
- ☐ **1 cup Arborio rice**
- ☐ **8 cups chicken stock**
- ☐ **20 pieces spinach**
- ☐ **300 grams chestnuts, roasted and peeled**
- ☐ **salt and pepper to taste**
- ☐ **2 tablespoons Parmesan cheese**

1 In a pot, heat oil and sauté onions together with the bay leaves. When the onions turn translucent, add carrots, celery, potato, and zucchini. Sauté for a few minutes then add rice.

2 Pour in chicken stock and bring to a boil. When the vegetables are almost cooked, add baby spinach and chestnuts.

3 Season with salt and pepper to taste. Before serving, sprinkle with Parmesan cheese.

tip Packaged chestnuts are available year-round in major supermarkets.

OSSO BUCCO WITH SAFFRON RISOTTO

A stellar main course—this slow-cooked beef is robust and flavorful, perfectly complemented by the luxurious taste of saffron rice.

Serves 2 **Prep Time** 10 minutes
Cooking Time 3 hours and 30 minutes

For the saffron risotto

- [ ] **1 white onion, chopped finely**
- [ ] **7 tablespoons butter, divided**
- [ ] **200 grams (about 1⅛ cups) Arborio rice**
- [ ] **¼ cup white wine**
- [ ] **½ teaspoon saffron**
- [ ] **6 cups beef stock**
- [ ] **4 tablespoons Parmesan cheese**

- [ ] **2 (200-gram) pieces beef shank**
- [ ] **¼ cup cooking oil for pan-frying**
- [ ] **salt and pepper**
- [ ] **1 white onion, chopped**
- [ ] **5 cloves garlic, chopped**
- [ ] **¼ carrot, peeled and chopped**
- [ ] **1 stalk celery, trimmed and chopped**
- [ ] **2 (800-gram) cans whole peeled tomato, crushed with juices reserved**
- [ ] **2 cups white wine**

1 Make the saffron risotto: In a pot, sauté onions in 3 tablespoons butter. Add rice, mixing once in a while to keep the rice from sticking to the pan. Add white wine and bring to a simmer. Add saffron. Mix continuously then add stock ½ cup at a time while stirring. Add more stock once the rice absorbs the liquid. When the rice is al dente, add remaining butter and Parmesan cheese to make it creamier.
2 Rub beef shanks with salt and pepper. In a large pan, heat oil and sear beef until brown on all sides. Set aside.
3 Using the same pan, sauté onion, garlic, carrot, and celery for 5 minutes. Return beef to the pan and gradually add tomatoes and white wine. Braise beef for 3 hours or until tender, making sure to watch it once in a while and to keep adding liquid so the meat doesn't stick to the bottom of the pan. Season with salt and pepper to taste. Serve with saffron risotto.

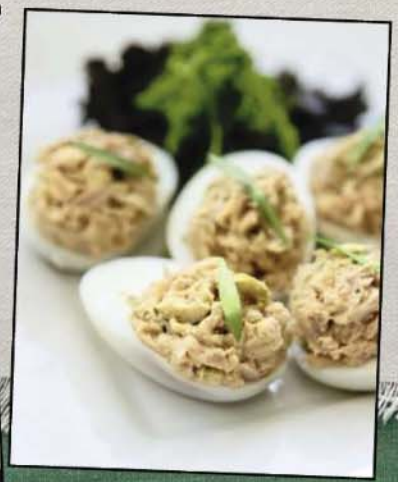
STUFFED EGGS WITH TARRAGON

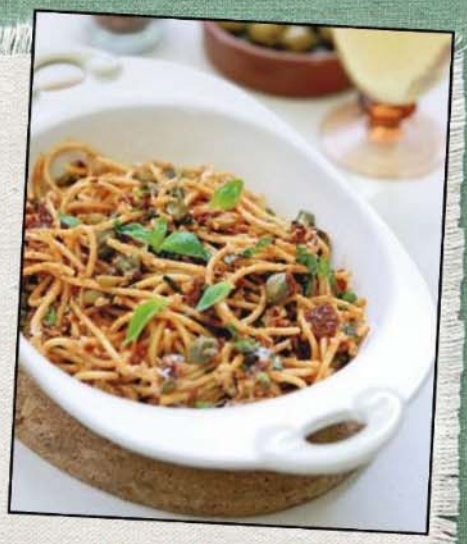
Delight in the easy elegance of this simple appetizer from Siena. Deliciously familiar yet with hints of surprising flavors, these nibblers will surely leave your guests wanting more.

Serves 2 to 3 **Prep Time** 10 minutes
Cooking Time 20 minutes

- [ ] **6 eggs**
- [ ] **1 tablespoon fresh tarragon, chopped finely**
- [ ] **1 tablespoon fresh parsley, chopped finely, plus more for garnish**
- [ ] **1 tablespoon capers**
- [ ] **2 tablespoons canned tuna in oil, drained**
- [ ] **2 tablespoons extra virgin olive oil**
- [ ] **2 tablespoons chopped green olives stuffed with anchovies (or plain green olives)**
- [ ] **truffle oil (optional)**
- [ ] **salt and pepper to taste**

1 Cook eggs until hard-boiled. When cooked, peel and cut in half. Remove the yolks and place in a bowl. Add the rest of the ingredients and mix well. Season with salt and pepper.
2 Fill egg whites with the mixture and garnish with tarragon leaves.





ANGEL HAIR PASTA WITH SUN-DRIED TOMATO

Take a break from fresh tomatoes and instead, relish the intense tang and fruity sweetness of sun-dried tomatoes in this lively pasta dish.

Serves 2 to 3 **Prep Time** 15 minutes
Cooking Time 45 minutes

- [ ] **½ cup olive oil, divided**
- [ ] **1½ heads garlic, chopped**
- [ ] **300 grams sun-dried tomatoes in oil, chopped**
- [ ] **12 pieces green olives stuffed with anchovies (or plain green olives), sliced lengthwise**
- [ ] **5 pieces fresh button mushrooms, chopped finely**
- [ ] **25 pieces capers in vinegar, drained**
- [ ] **200 grams (about 1 cup) tomato paste**
- [ ] **15 basil leaves, chopped**
- [ ] **200 grams angel hair pasta, cooked according to package directions**
- [ ] **salt and pepper to taste**

1 In a pan, heat ¼ cup olive oil and sauté garlic until golden brown. Add sun-dried tomatoes, olives, mushrooms, and capers; mix well.
2 Add tomato paste and cook for 10 to 15 minutes. Add the remaining olive oil and basil. Mix well. Toss in cooked pasta. Season.

PORK ESCALOPES WITH WILD MUSHROOMS

This aromatic dish will surely draw attention to the table. The medley of earthy mushrooms works well with the fillets of tender pork for a beautifully rustic meal.

Serves 2 **Prep Time** 15 minutes
Cooking Time 30 to 45 minutes

- ☐ **900 grams lean tenderloin pork, sliced thinly**
- ☐ **salt and pepper**
- ☐ **1 cup all-purpose flour**
- ☐ **⅓ cup extra virgin olive oil**
- ☐ **3 tablespoons butter**
- ☐ **6 cloves garlic, chopped**
- ☐ **1 piece portobello mushroom, sliced**
- ☐ **4 pieces shiitake mushroom, sliced**
- ☐ **4 pieces fresh button mushrooms, sliced**
- ☐ **⅓ cup white wine**
- ☐ **1 tablespoon fresh thyme**
- ☐ **¼ cup cream**
- ☐ **1 teaspoon truffle oil (optional)**

1 Season pork with salt and pepper then dredge lightly in flour.
2 In a pan, heat oil and butter. Pan-fry pork until golden brown; set aside.
3 In the same pan, sauté garlic until golden brown. Add portobello and shiitake mushrooms and sauté for 3 minutes. Add button mushrooms and sauté for an additional 3 minutes. Add white wine and thyme; mix well.
4 Add pork and simmer until wine is reduced by half. Add cream and mix well. Drizzle with truffle oil, if desired. Season with salt and pepper to taste.

tip Truffle oil may be purchased in gourmet specialty stores such as Santis and Terry Selection.

TIRAMISU WITH WHITE CHOCOLATE NUTS

Make a lasting impression with this lovely dessert of tender soaked biscuits with light-as-clouds mascarpone and a delightful jolt of coffee and rum.

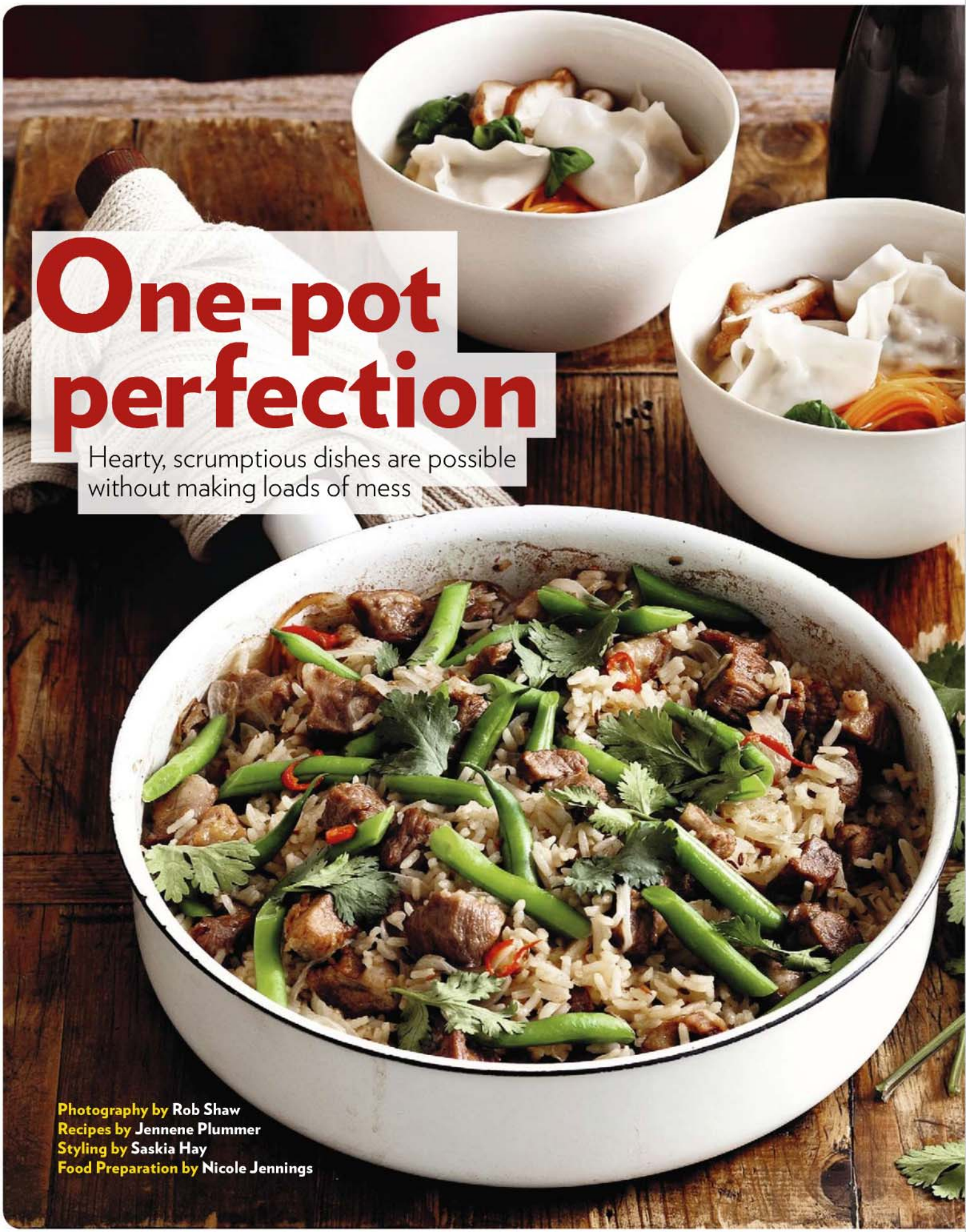
Serves 6 **Prep Time** 20 minutes **Chilling Time** 2 hours

- ☐ **6 egg yolks**
- ☐ **3 tablespoons sugar**
- ☐ **450 grams mascarpone cheese**
- ☐ **50 grams roasted and chopped cashew nuts**
- ☐ **1½ cups strong coffee, cooled**
- ☐ **6 tablespoons rum**
- ☐ **24 store-bought ladyfinger biscuits**
- ☐ **½ cup grated white chocolate for topping**

1 In a large bowl, beat egg yolks and sugar until thick. Add mascarpone cheese and mix until smooth. Fold in cashew nuts.

2 In a mixing bowl, mix coffee and rum. Dip each ladyfinger biscuit in the mixture then layer on a baking pan. Spread ⅓ of the mascarpone mixture over the ladyfingers. Repeat to make three layers. Cover the dish with plastic wrap and refrigerate for at least 2 hours. Before serving, sprinkle grated white chocolate on top.

tip If you're iffy about using raw egg yolks in the mascarpone mixture, substitute it with 1 cup whipped cream.



One-pot perfection

Hearty, scrumptious dishes are possible without making loads of mess

Photography by Rob Shaw
Recipes by Jennene Plummer
Styling by Saskia Hay
Food Preparation by Nicole Jennings

SPICED PORK PILAF

Everything goes into one pan and comes out ready to eat in just half an hour. Perfect for the hungry and eagerly waiting family! The fine mix of spices elevates this rice dish.

Serves 4 **Prep Time** 15 minutes **Cooking Time** 30 minutes

- ☐ **¼ cup vegetable oil, divided**
- ☐ **600 grams diced pork**
- ☐ **1 onion, sliced thinly**
- ☐ **3 cloves garlic, sliced thinly**
- ☐ **1 teaspoon finely chopped ginger**
- ☐ **1 teaspoon cumin seeds**
- ☐ **2 cardamom pods, bruised**
- ☐ **2 cloves**
- ☐ **1½ cups long-grain rice**
- ☐ **3 cups hot water**
- ☐ **100 grams baby beans, cut into 1-inch lengths**
- ☐ **2 bird's eye chilies (*siling labuyo*), sliced finely**
- ☐ **1 teaspoon garam masala**
- ☐ **⅓ cup cilantro**

1 Heat 1 tablespoon of oil in a large, deep frying pan on high. Brown pork in 2 batches for 2 to 3 minutes each. Transfer to a plate. Set aside.
2 Heat remaining oil in the same pan on high. Sauté onion, garlic, ginger, and cumin for 2 to 3 minutes, until fragrant. Add cardamom and cloves.
3 Blend in rice, stirring for 1 minute, until rice is coated with oil. Return pork to pan with water, beans, chilies, and garam masala.
4 Bring to a boil on high. Reduce heat to low and cook, covered, for 20 minutes or until rice is tender.
5 Remove lid and set pan aside for 5 minutes. Fluff rice gently with a fork. Serve pilaf topped with cilantro.

WONTON RICE SOUP

Make this meal-in-a-bowl with an easy-to-assemble take on tasty wontons.

Serves 4 to 6 **Prep Time** 30 minutes **Cooking Time** 15 minutes

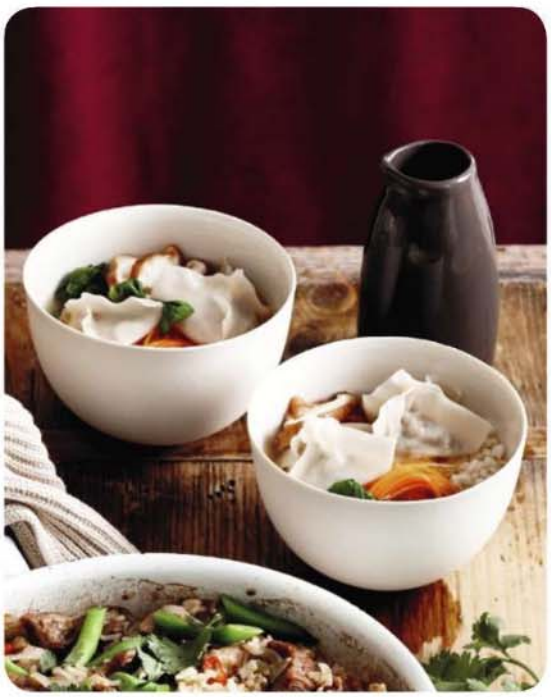
- ☐ **¾ cup medium-grain rice**
- ☐ **4 cups chicken stock**
- ☐ **4 cups water**
- ☐ **100 grams shiitake mushrooms, sliced**
- ☐ **1 carrot, cut into thin strips**
- ☐ **1 bunch bok choy, chopped**
- ☐ **soy sauce, to serve**

For the wontons

- ☐ **200 grams ground round**
- ☐ **3 green onions, chopped**
- ☐ **1 clove garlic, crushed**
- ☐ **1 (1¼-inch) piece fresh ginger, peeled and grated finely**
- ☐ **2 teaspoons soy sauce**
- ☐ **1 teaspoon sweet sherry**
- ☐ **20 wonton wrappers**

1 Cook rice in a medium saucepan of boiling, salted water for 12 minutes, until tender. Drain. Set aside.
2 Make the wontons: In a bowl, combine ground round, onions, garlic, ginger, soy sauce, and sherry. Place the wonton wrappers on a clean surface. Divide the filling onto the wontons. Brush edges with a little water. Bring up the corners of the wontons to form a pouch. Press together to seal. Place on a tray lined with parchment paper. Cover with a clean tea towel and set aside.

3 In a large saucepan, bring chicken stock and water to a simmer on high heat. Add prepared wontons, mushrooms, and carrot. Cook for 3 minutes. Add the bok choy and rice. Cook for a further 1 to 2 minutes or until the bok choy is tender. Serve soup accompanied with soy sauce.



TUNA AND ROASTED VEGETABLE BAKE

Here's another great way to use those cans of tuna in your pantry. Mix it with vegetables and cheeses to make a hearty bake! You can also use salmon in place of tuna, if desired.

Serves 4 **Prep Time** 10 minutes **Cooking Time** 20 minutes

- ☐ **4 cups cooked macaroni**
- ☐ **1 (425-gram) can tuna, drained and flaked**
- ☐ **1 red bell pepper, roasted, seeded, and chopped**
- ☐ **1 zucchini, sliced and roasted**
- ☐ **12 pieces asparagus, roasted and chopped**
- ☐ **1 (300-gram) tub sour cream**
- ☐ **50 grams green beans, trimmed and cut into 1¼-inch lengths, blanched**
- ☐ **¼ cup sliced green olives**
- ☐ **¼ cup roughly chopped parsley**
- ☐ **juice from 1 lemon**
- ☐ **salt and pepper to taste**
- ☐ **1 cup grated mozzarella cheese**
- ☐ **¼ cup grated Parmesan cheese**

1 Preheat oven to 350°F. Lightly grease a 10½-cup casserole dish or 9 x 9-inch pan.
2 In a large bowl, combine pasta, tuna, vegetables, sour cream, green beans, olives, parsley, and lemon juice. Season with salt and pepper.
3 Spoon into prepared dish. Sprinkle with combined cheeses. Bake for 15 to 20 minutes, until golden.

tip Place tuna bake under a hot grill during the last 5 minutes of cooking for a more golden result.

GOULASH AND GREEN BEANS

Cooked long and slow, this goulash is the very definition of hearty. You can add ½ cup short pasta to this dish during the last 20 minutes of cooking, but add another cup of water along with it.

Serves 4 to 6 **Prep Time** 15 minutes **Cooking Time** 1 hour and 55 minutes

- ☐ **750 grams diced beef or veal**
- ☐ **2 tablespoons flour**
- ☐ **2 tablespoons oil, divided**
- ☐ **30 grams butter**
- ☐ **2 onions, chopped**
- ☐ **1 red bell pepper, seeded and chopped**
- ☐ **1 (420-gram) can condensed tomato soup**
- ☐ **½ cup water**
- ☐ **1½ tablespoons sweet paprika**
- ☐ **1 teaspoon sugar**
- ☐ **1 (400-gram) can butter beans or lima beans, drained, rinsed**
- ☐ **½ cup chopped parsley**
- ☐ **crusty bread, to serve**

1 Lightly dust meat in flour, shaking off excess.
2 Heat half the oil and butter in a large saucepan on high. Brown meat in 3 batches for 2 to 3 minutes each. Transfer to a plate.
3 Heat remaining oil in the same pan on high. Sauté onion and bell pepper for 3 to 4 minutes, until tender. Stir in tomato soup, water, paprika, and sugar.
4 Return meat to pan. Bring to a boil on high. Reduce heat to low. Simmer, covered, for 1½ hours, until meat is tender.
5 Add beans. Simmer for a further 10 minutes. Serve goulash topped with parsley. Accompany with crusty bread.

tip If desired, use 1 (400-gram) can diced tomatoes in place of the soup, and increase water to 1 cup.

CLASSIC BEEF STEW WITH DUMPLINGS

A classic never goes out of style, but it can be reinterpreted in new ways. This beef stew recipe gets a new look with cheesy dumplings. Of course, you can stick to just the beef when you want to cut the cooking time.

Serves 6 to 8 **Prep Time** 20 minutes **Cooking Time** 1 hour 40 minutes

- ☐ **2 tablespoons oil, divided**
- ☐ **1 kilo chuck steak or boneless brisket, trimmed and cubed**
- ☐ **¼ cup flour plus ¼ teaspoon each salt and pepper**
- ☐ **6 slices bacon, chopped**
- ☐ **6 pickled onions, halved**
- ☐ **2 cloves garlic, crushed**
- ☐ **1 cup beef stock**
- ☐ **1 cup red wine**
- ☐ **2 carrots, chopped**
- ☐ **2 stalks celery, chopped**
- ☐ **1 large jicama (*singkamas*), chopped**
- ☐ **4 sprigs thyme**
- ☐ **2 bay leaves**

For the dumplings

- ☐ **1 cup flour, plus 1¼ teaspoons baking powder and ½ teaspoon salt**
- ☐ **50 grams butter, diced**
- ☐ **1 egg, beaten lightly**
- ☐ **¼ cup milk**
- ☐ **2 tablespoons finely chopped parsley**
- ☐ **2 teaspoons bottled horseradish**
- ☐ **2 tablespoons finely grated Parmesan cheese**

1 Preheat oven to 350°F. Heat half the oil in a flameproof casserole dish on high.

2 Dust beef in flour, shaking off excess. Brown beef in 2 batches for 2 to 3 minutes each. Transfer to a plate.

3 Heat remaining oil in the same pan on medium. Sauté bacon, onion, and garlic for 4 to 5 minutes, until bacon is golden. Return beef to pan with stock, wine, carrots, celery, jicama, and herbs. Bring to a boil on high, then take off the heat and bake in the oven, covered, for 1 hour.

4 Make the dumplings: Meanwhile, sift flour into a bowl with seasonings. Rub in butter using fingertips until mixture resembles fine breadcrumbs. Make a well in the center. Stir in combined egg, milk, parsley, and bottled horseradish.

5 Remove casserole dish from the oven. Drop tablespoons of mixture about 1-inch apart on top of the stew. Sprinkle with Parmesan cheese.

6 Bake, uncovered for 20 to 25 minutes at 350°F, until dumplings are golden and cooked through.

CHICKEN, SPINACH, AND BLUE CHEESE RISSOTTO

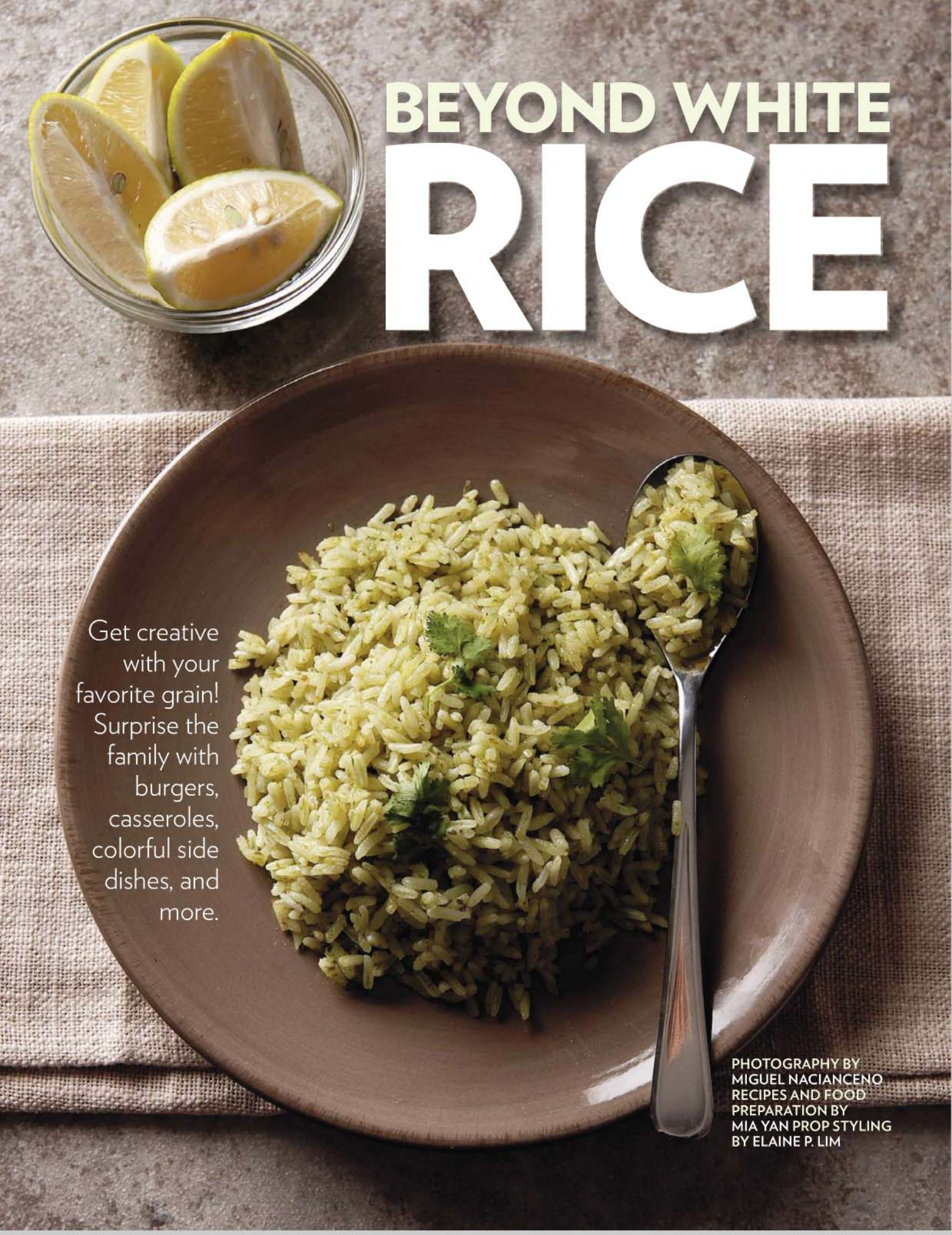
Here's a new combination of flavors worth exploring. Leftover risotto can be pressed into a lightly greased muffin pan and baked for 15 to 20 minutes, until golden, to make delicious risotto cakes.

Serves 4 **Prep Time** 15 minutes **Cooking Time** 35 minutes

- ☐ **1 tablespoon butter**
- ☐ **1 leek, trimmed, washed, and sliced finely**
- ☐ **1½ cups Arborio rice**
- ☐ **½ cup dry white wine**
- ☐ **6 cups chicken stock, heated**
- ☐ **1 small barbecued chicken, skin removed and flesh shredded**
- ☐ **60 grams spinach leaves**
- ☐ **120 grams blue cheese, crumbled**
- ☐ **100 grams pancetta (or bacon, if preferred), crisped (*see tip*)**

1 Heat butter in a large saucepan on high. Sauté leek for 4 to 5 minutes, until tender. Stir in rice and cook for 1 minute, until coated in butter.
2 Blend in wine, stirring for 1 to 2 minutes, until liquid is absorbed. Add stock 1 cup at a time, until all the liquid has been used and the rice is tender and creamy, about 25 minutes.
3 Add chicken and spinach and cook for another 2 minutes, until spinach wilts. Remove from heat and stir through half the blue cheese. Serve risotto topped with remaining blue cheese and crisp pancetta.

tip Cut pancetta in half, cook in frying pan for 2 to 3 minutes on each side, until crisp; drain on paper towel.



BEYOND WHITE RICE

Get creative with your favorite grain! Surprise the family with burgers, casseroles, colorful side dishes, and more.

PHOTOGRAPHY BY MIGUEL NACIANCENO
RECIPES AND FOOD PREPARATION BY MIA YAN
PROP STYLING BY ELAINE P. LIM

ARROZ VERDE (GREEN RICE)

Full-flavored and aromatic! Puréed parsley and cilantro add a beautiful green hue to this Mex-inspired rice. Made pilaf-style, this rice is perfect paired with grilled fish or chicken.

Serves 3 **Prep Time** 10 minutes
Cooking Time 20 minutes

- ☐ **1 white onion, chopped**
- ☐ **3 cloves garlic, minced**
- ☐ **1 green finger chili**
- ☐ **½ cup fresh parsley**
- ☐ **¼ cup cilantro**
- ☐ **3 cups water or chicken stock, divided**
- ☐ **2 tablespoons fresh lime juice**
- ☐ **1½ cups long-grain white rice**
- ☐ **¼ cup vegetable oil**
- ☐ **salt and pepper to taste**

1 In a blender, combine, onion, garlic, chili, parsley, cilantro, 1½ cups water or stock, and lime juice; cover and blend until smooth. Set aside.
2 Heat oil in large skillet over medium heat. Add rice. Cook for 4 minutes, stirring constantly, until lightly browned.
3 Stir in remaining 1½ cups water or stock, followed by the blended herb mixture; bring to a boil. Reduce heat, then cover and simmer 20 minutes or until rice is nicely cooked.

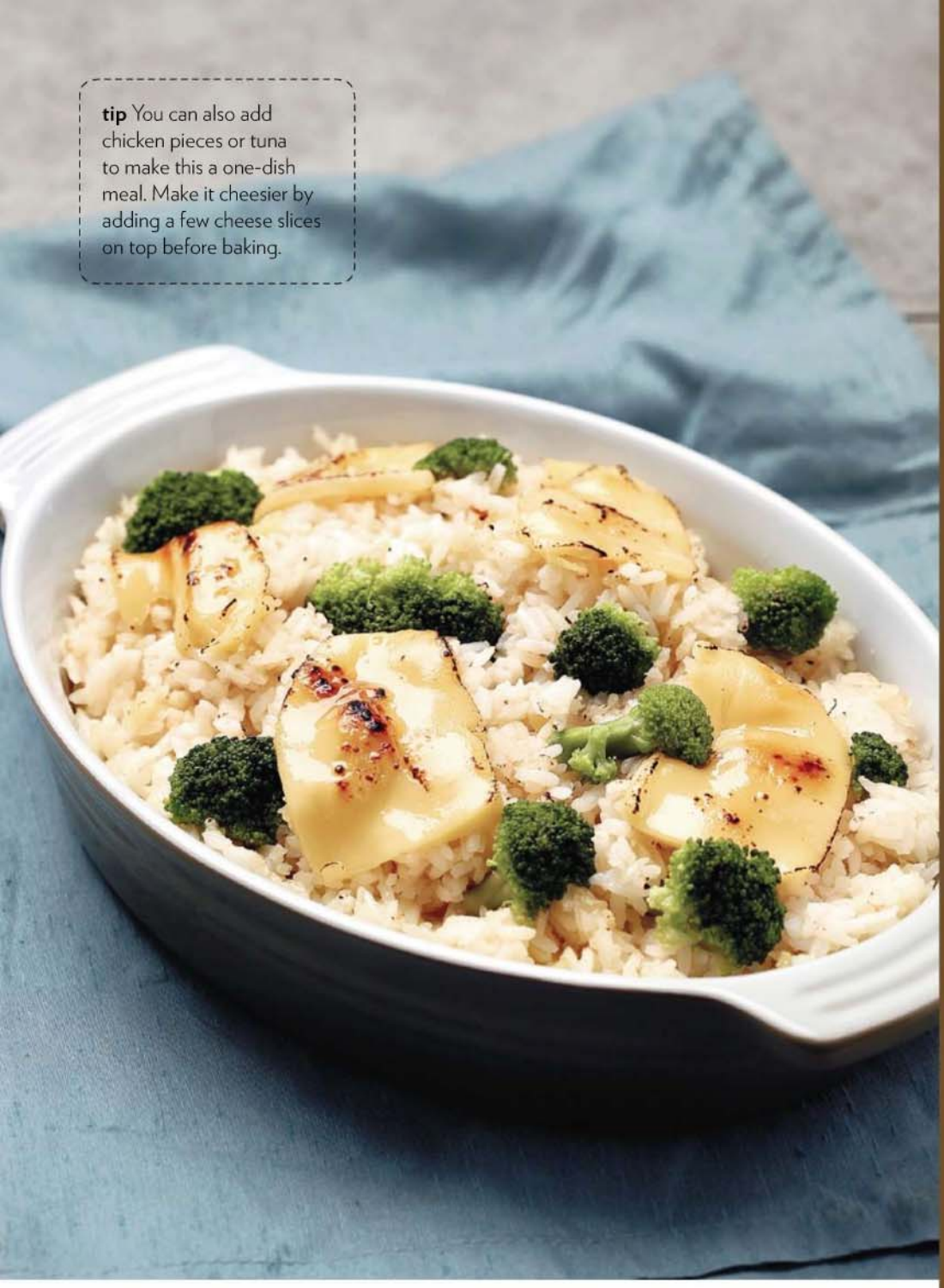
RED RICE WITH SAUSAGE AND PEPPERS

When you need something hearty and fast, try this medley of rice, sausages, and vegetables—it's so ready in minutes!

Serves 4 **Prep Time** 10 minutes
Cooking Time 25 minutes

- ☐ **1 tablespoon olive oil**
- ☐ **1½ cups Hungarian sausage, cut into small pieces**
- ☐ **1 medium onion, diced**
- ☐ **2 cloves garlic, minced**
- ☐ **1 red bell pepper, diced**
- ☐ **1 stalk celery, diced**
- ☐ **coarse salt and ground pepper to taste**
- ☐ **1¾ cups diced tomatoes**
- ☐ **2 cups cooked red rice**

1 Heat oil in a large skillet. Add sausages; cook, stirring occasionally, until crisp.
2 Add onion, garlic, bell pepper, and celery. Season with salt and pepper. Cook until celery is tender.
3 Add tomatoes and cook until mixture is slightly thick. Add red rice; toss. Cook until well blended and warmed through.



tip You can also add chicken pieces or tuna to make this a one-dish meal. Make it cheesier by adding a few cheese slices on top before baking.

CHEESY BROCCOLI RICE CASSEROLE

Pull this out on busy days and you'll have a cheesy and creamy side dish in no time! Best served with chicken and beef dishes.

Serves 3 to 5 **Prep Time** 10 minutes
Cooking Time 30 minutes

- ☐ **½ cup chopped onion**
- ☐ **2 tablespoons oil**
- ☐ **2 cups cooked rice**
- ☐ **1 cup Cheddar cheese, sliced or grated**
- ☐ **1 cup broccoli, cut into florets**
- ☐ **¼ cup milk**
- ☐ **1 can cream of mushroom or cream of chicken soup**
- ☐ **1 teaspoon salt**

1 Sauté onion in oil. Add rice and remaining ingredients; mix. Pour into a casserole dish.
2 Bake at 350°F for 20 to 30 minutes. Serve immediately.

CHICKEN TERIYAKI RICE BURGER

Always on the go? Just wrap in foil or plastic wrap and indulge as a snack or as a meal.

Serves 4 **Prep Time** 20 minutes
Cooking Time 30 minutes

- ☐ **3 cups Japanese or short-grain rice, washed and rinsed**
- ☐ **3¾ cups water**
- ☐ **sautéed (in vegetable oil) sliced bell peppers for garnish**

For the teriyaki chicken
- ☐ **2 tablespoons sake or rice wine**
- ☐ **4 tablespoons soy sauce**
- ☐ **4 tablespoons mirin**
- ☐ **2 tablespoons sugar**
- ☐ **400 grams boneless chicken breast or thigh fillet**
- ☐ **vegetable oil for frying**

1 Prepare the rice: Put the rice and water in a pot. Cover and bring to a boil. When the water boils, lower heat to medium and cook for 15 to 20 minutes. When the water has evaporated and has been absorbed by the rice, set aside.
2 Make the rice buns: Using plastic wrap, press and mold rice into a round shape, about ½-inch thick. Lightly cook and toast both sides of the bun on a lightly oiled pan or grill.
3 Make the teriyaki chicken: In a bowl, mix sake, soy sauce, mirin, and sugar. Marinate chicken for 15 minutes, then place in the refrigerator. Heat vegetable oil in a frying pan. Fry chicken, skin side down, on medium heat until browned. Turn the chicken over to fry the other side on low heat. Pour the marinade into the pan. Cover the pan and cook the chicken until done. Remove the lid and simmer until the sauce thickens. Slice the chicken and set aside. Pour thickened sauce over the teriyaki chicken.
4 To assemble, sandwich teriyaki chicken between two rice buns to make a "burger." Repeat with the rest of the chicken. Garnish with bell peppers, if desired.

SEAFOOD IN GREEN CURRY WITH BROWN RICE

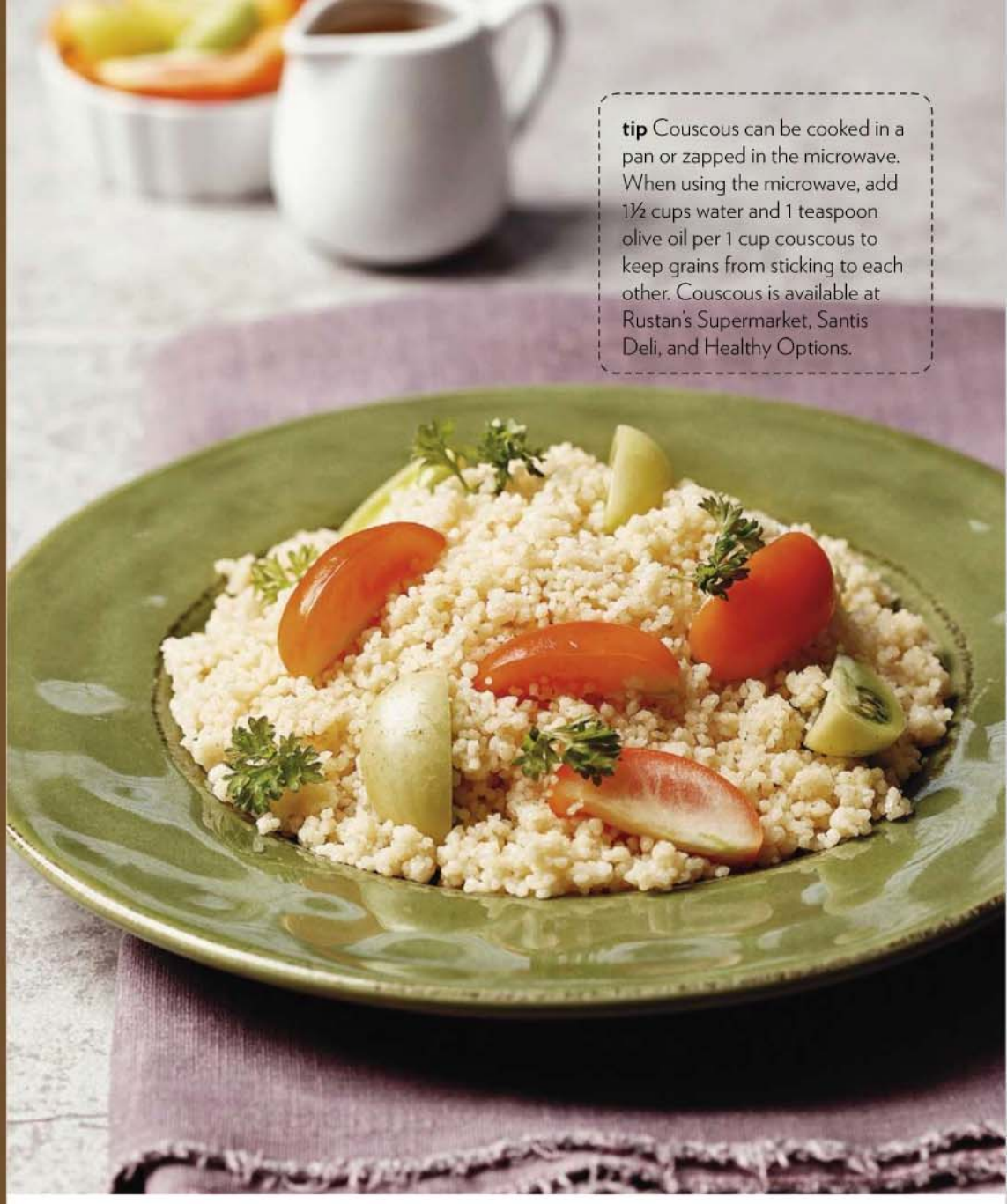
Easy, healthy, and flavorful—just how your rice bowl should be! Combine the lightly seasoned, Thai-inspired topping with nutritious brown rice for a filling and delicious meal.

Serves 4 **Prep Time** 10 minutes **Cooking Time** 20 to 25 minutes

- ☐ **1½ cups brown rice**
- ☐ **2½ cups water**
- ☐ **1 cup coconut milk**
- ☐ **½ cup chicken broth or water**
- ☐ **1 tablespoon Thai green curry paste**
- ☐ **1 tablespoon fish sauce**
- ☐ **1 tablespoon brown sugar**
- ☐ **½ cup sliced asparagus**
- ☐ **10 to 12 pieces mussels**
- ☐ **10 to 12 pieces shrimp, peeled and deveined, with tails left on**
- ☐ **1 tablespoon lime juice**

1 In a pot over high heat, bring brown rice and water to a boil; cover. Reduce heat to low and simmer until the liquid is absorbed and the rice is tender to the bite, about 20 to 25 minutes.
2 In a frying pan over high heat, stir in coconut milk, chicken broth, curry paste, fish sauce, and brown sugar until sugar and paste are dissolved and mixture is simmering.
3 Stir in asparagus and mussels; cover and cook for 3 minutes. Add shrimps; cover and cook for another 3 minutes. Stir in lime juice.
4 Divide rice equally into four bowls. Top with the seafood curry mixture.

tip Couscous can be cooked in a pan or zapped in the microwave. When using the microwave, add 1½ cups water and 1 teaspoon olive oil per 1 cup couscous to keep grains from sticking to each other. Couscous is available at Rustan's Supermarket, Santis Deli, and Healthy Options.



COUSCOUS WITH CHERRY TOMATO SALAD

A unique salad with only a handful of ingredients! This can be served warm or chilled.

Serves 4 **Prep Time** 10 minutes **Cooking Time** 3 minutes

- ☐ **1 cup couscous**
- ☐ **1 cup halved tomatoes**
- ☐ **½ cup fresh basil leaves, plus more for garnish**
- ☐ **2 tablespoons minced onion**
- ☐ **3 tablespoons balsamic vinegar**
- ☐ **1 tablespoon extra-virgin olive oil**
- ☐ **1½ teaspoons salt**
- ☐ **¾ teaspoon freshly ground pepper**

1 Bring a medium saucepan of salted water to a boil. Meanwhile, toast couscous in a small sauté pan over medium heat, moving pan in a circular motion until evenly browned, about 7 minutes.
2 Immediately add couscous to boiling water; cook, stirring occasionally, just until tender, about 6 minutes. Drain and rinse under cold water until cool.
3 In a large bowl, place couscous, tomatoes, basil, onion, vinegar, olive oil, salt, and pepper. Mix well. Let stand at room temperature until ready to serve, at least 15 minutes or up to 1 hour. Stir well. Serve.

ALL IN ORDER The Cinco kitchen is smartly laid out, anticipating the activities that are often done in different sections of the room: the drawers and cabinets by the sink keep the flatware, glassware, silverware for easy storage after washing; the storage space under the granite countertop with the KitchenAid mixers have many of Nica's baking tools; and the clever pot filler faucet above the Viking oven range does away with carrying water around the kitchen and into the pot or kettle.

COZY IN THE KITCHEN

With a clear and confident design plan, you can enjoy a kitchen with plenty of personality, warmth, and good food. Just take a look. By **Mabel David-Pilar**

Photography by Miguel Nacianceno

ISLAND SCENE A deep round sink is subtly placed in the center island, kept company by the pans hanging overhead and one of the kitchen's roosters.

Country charm

A passion for food and home helped Nica Reyes-Cinco create the kitchen of her dreams.

Even as a young girl in Bohol, Nica Reyes-Cinco was already imagining her dream kitchen. It all started in her Home Economics class where she saw pictures of a country-style house. There was no electricity in their town back then, so she grew up watching her mother bake cakes the old-fashioned way (which meant putting the makeshift oven over a *kalan* or traditional stove). However, it was only when Nica got married that this affinity for kitchens would emerge in her own life.

Instead of buying cookies and pastries for her children's snacks, Nica would make them herself. On their birthdays, family members would ask her to bake something for them. And whenever she and her husband were at the mall, she would go straight to the kitchenware section.

In 2004, she got her dream house—with her dream kitchen. Years of poring over kitchen catalogs and home magazines had given that kitchen she started dreaming of as a young girl a defined look: French country style. Warm hues, terra cotta tiles, seemingly rough-hewn wooden beams, rustic décor pieces, and the image of the traditional French country rooster (coincidentally, also an homage to Nica's late father, a cockfighter) give the Cincos' kitchen an embracing and cheery atmosphere and some hints of country charm true to its inspiration. "All the ideas for the look of the house, the kitchen, it came from her," says Nica's husband Manny. But it was a joint decision to have the kitchen in the center of their beautiful one-storey home. "Because it's our family's center of activity," he adds.

It is also where their home-based baking business, Mita's Bakeshop, was born. The name came from Nica's mother, whom her children fondly called "Mita," short for "Mamita." Though they now have a commissary, every Mita's Bakeshop product still starts in the Cinco kitchen. And with Nica's attention to detail, every appliance, gadget, and past purchases were cleverly picked and positioned to make this fully functional kitchen work with ease. It's no surprise that when asked about what she loves about her kitchen, Nica declares, "*Lahat! 'Pag nakikita ko lang 'yang* kitchen, *masaya na 'ko.*" After all, it is a dream come true.

BUILDING BLOCKS When it comes to choosing kitchen drawers or sliding shelves, Nica's husband Manny says that the sliding mechanism is vital: "You'll be opening and closing them every day so they better be tough and smooth at the same time!"

PICTURE IT With so many plates, platters, and cake stands, some can get so tightly packed into cabinets that putting them back may require a map of sorts. Nica does exactly that by posting a picture of the original arrangement so everything goes back to the right spot.

Get the recipe for Nica's Mita's Fudgy Brownies on yummy.ph!

LET IT FLOW Think your kitchen isn't big enough? Follow Andi Benitez's lead and ditch the door between the dining room and the kitchen. "I failed to mention to the architect that I wanted a bigger kitchen, but it's nice that I don't have a door between the dining and the kitchen because I like to spill over to the dining area when I'm baking," says Andi.

BAKING FIRST Andi calls her kitchen "a baking kitchen"—and a peek into every single cabinet and drawer proves it, each packed with pans and baking tools. Plates are relegated to a cabinet by the doorway of the other kitchen, the cooking kitchen.

From past to present

Cake sculptor Andi Benitez mixes old-world style, modern perks, and playful bonding in her old-Filipino kitchen.

Stepping into the Benitez home is like finding yourself in another century—particularly, the Spanish colonial times in the 1800's when the *bahay na bato* came to be the quintessential Filipino home. Being fond of such old Filipino aesthetics, Andi Benitez made sure that the newly-built home she shares with her husband and their two sons, Pepito and Alfonso, would reflect this. From its stone-tiled floors to the high ceiling, from the dark wood furniture to the faux *capiz* windows, the house is clearly inspired by the architecture and design of a bygone era.

In the kitchen, a *banggera* by the window, an old *paminggalan* (plate cabinet), and other antique kitchen accessories that Andi has collected over the years complement the look of the rest of the house. There are modern touches though—being the baker-artist behind impressive sculpted cakes for her business Edible Incredibles (edibleincredibles.net), Andi needs a sturdy granite top on the center island to roll heavy icing. "When I'm rolling icing, I'm literally on the table with my full weight [on it]. It can't simply be a wooden thing that can fall over," she explains.

Andi found her place in the kitchen five years ago when she was looking for ways to beat the boredom from being at home all the time. Back then, after giving birth to her eldest son, she knew she wanted to stay home to be with her newborn. "It was a very natural thing," she remembers. "'What do I do? I'm bored.' I found myself in the kitchen. This is where I spend all my time." The then-new mom would secure her sleeping son in his baby chair atop the counter and bake brownies or cakes until he woke up. Minor burns and scratches notwithstanding, the intrepid mom lets the boys, now ages five and three, make their own pancakes, help her out when she's baking, or simply run around her and play as she works. In Andi's old Filipino-style kitchen, fun family memories are made alongside beautiful cakes.

Get the recipe for Andi's Sun-dried Tomato and Provolone Quick Bread on yummy.ph!

BAKING FAMILY "They're now very, very handy," says Andi of her two sons who continue to make a habit of joining her in the kitchen and giving her a hand.

GO RETRO Andi can't rely on her *suki* antique stores for all her kitchen needs. But to preserve the look of the kitchen space, she got a Smeg refrigerator (*at right*)—an Italian brand known for its 1950's-style design.

SHOW THEM OFF To display her grandmother's silver collection (*at left*) or dummy cakes (*above*), Andi turned to an antique display cabinet and had more vintage-looking display cabinets built.

Eat, pray, cook

In the cool, comfortable modern kitchen of the Feliciano family, there's ample space for both work and play.

AN OPEN PLAN
The sprawling Feliciano home has a separate and more formal dining room, but for those living in smaller spaces, a large enough breakfast nook can serve as your dining space. "Having an open kitchen gives you enough room to move about in and can relax the people around," says Lance. "As an interior designer, I'm very much in favor of the open plan. It just opens things up and lightens the sensation for most of the senses."

Every day, the Feliciano family kitchen hums with activity, but on Wednesdays, the humming grows a bit louder. Family and close friends gather for "rosary night" and everyone gravitates to the kitchen. Lance Feliciano, an interior designer and entrepreneur, explains, "Majority stay in the kitchen, since it's comfortable and can accommodate a lot of people. They all stay here to chat." As folks catch up, they have a few drinks and appetizers before getting down to business—in this case, praying—then sitting down for dinner.

Though the evening is a time for prayer, it's also virtually happy hour. "It's more of something social," says Lance. A look at their recently renovated kitchen (along with the rest of the house, which the Feliciano patriarch purchased a few years ago) reveals why everyone gets pulled into it. Beyond the mouthwatering fact that it keeps one in close proximity to food, the space is also an oasis of white and green. The kitchen is all clean, modern lines, but it manages to remain inviting with the relaxing green accents—in the backsplash, the chairs—and the cozy built-in banquette seating in the breakfast nook. With a large TV and an Internet connection, it's easy to linger beyond the morning meal.

But as much as it has enough room, style, and a well-stocked pantry to keep family and houseguests happy, the kitchen is also built for some serious work. There's ample counter and storage space that makes

MULTI-TASKING AREA Installing a wireless connection in a kitchen can turn it into an instant office of sorts. Lance has staked this spot as his workstation. For TV viewing, best to sit at the corner banquette or the bar stools by the center island.

MODERN PALETTE Open all the plate cabinets and you'll find only white dishware (*top photo*). White makes storage look clean and streamlined. Pops of color do show up in the tool drawer (*bottom photo*), making spatulas and mitts stand out.

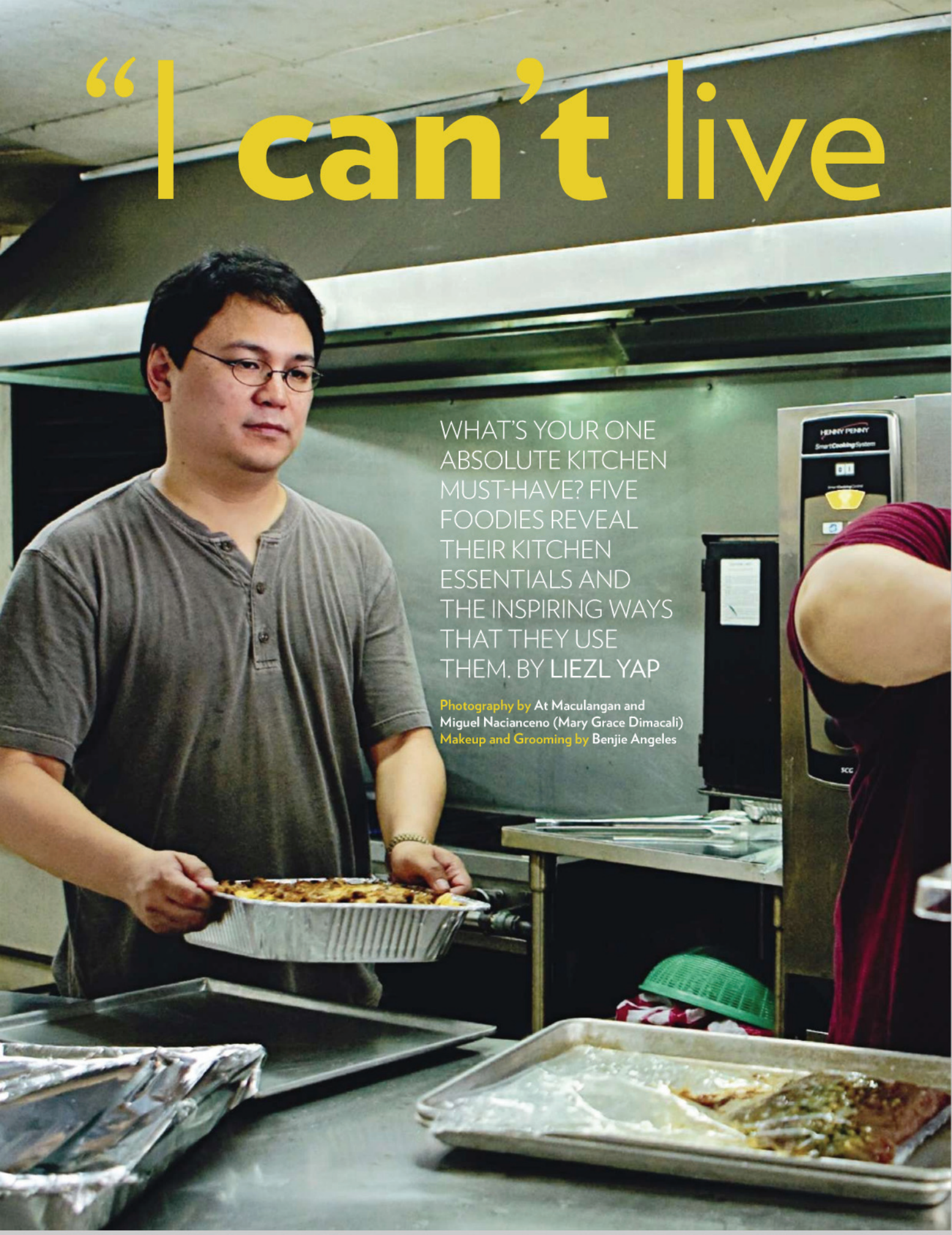
Get the recipe for Lance's Pan-fried Oriental Fish on yummy.ph!

the workflow go smoothly. Prep on the long counter beside the refrigerator and pantry, wash produce or dishes on the sink at the perpendicular counter, and cook on the oven range between the two in the corner. Everything is organized to an efficient degree. The stylish selection of silver-gray appliances—the GLEM oven range, Krups panini maker, KitchenAid mixer and toasters, and DeLonghi cappuccino maker, among others—are certainly not just for display purposes. Lance, as well as his sister Monique, regularly cook in the kitchen for family and friends. Sometimes he also uses it as a test kitchen for his food business, Taqueria Mia. Also, with the Wi-Fi and air-conditioning, oftentimes it is there where he parks himself, his laptop, and gets other non-culinary work done. And the humming continues.

HANG ART! From the counter-cum-bar, the Felicianos can enjoy this artwork by Isabel Diaz.

COOL CUPBOARD A pullout, rotating rack makes it easy to find that last can of tomato sauce!

“I can’t live



WHAT’S YOUR ONE ABSOLUTE KITCHEN MUST-HAVE? FIVE FOODIES REVEAL THEIR KITCHEN ESSENTIALS AND THE INSPIRING WAYS THAT THEY USE THEM. BY **LIEZL YAP**

Photography by **At Maculangan and Miguel Nacianceno (Mary Grace Dimacali)**
Makeup and Grooming by **Benjie Angeles**

without...”

“Our thermal immersion circulators for *sous-vide* cooking”

MICO & RICKY MORELOS
Dulcelin Gourmet

Sous-vide 101 French for “under vacuum,” *sous vide* is a low-and-slow method of cooking that involves several different components: a basin for holding water, a thermal immersion circulator for regulating temperature and keeping the water circulating, and a vacuum sealer for packaging the food to be cooked. The food is vacuum-packed into food-grade bags and left to cook in a basin of water that is kept at a constant temperature.

Make-ahead dishes To properly accommodate the volume of orders Dulcelin receives, especially around the holidays, they cook whatever they can in advance. That’s where the *sous-vide* method comes in. Large batches of meat, particularly tough cuts that need to be cooked until tender, are left in the water bath for 48 hours and then stored in the blast freezer. “When somebody orders, we put it in the circulator again to defrost, sear it, slice it, then it’s good to go.”

Set it and forget it Other methods of cooking, Mico says, require constant attention—“*kailangan bantayan kasi baka maubos ’yung* gas or *lumakas ’yung* fire or the water evaporates”—but *sous-vide* cooking is low-maintenance and the Morelos brothers believe it will eventually make its way to the home. “When you want to cook something, [you can prepare it in the morning] and leave it there. In the evening, when you come back, *luto na*. All you have to do is finish it off and sear it.”

Sous-vide benefits One of the biggest advantages of *sous-vide* cooking is the precision it offers. “If we want to cook it to medium-rare, we cook it to medium-rare: exactly medium-rare, not one degree more or less. It’s always the same, the temperature is always constant, so you never get an overcooked piece of meat.” Another big plus: The preservation of both nutrition and flavor since the food is vacuum-packed.

Simplify, simplify, simplify “We simplify our lives by not cooking on the fly. We’re making the process more efficient while not sacrificing quality. That’s what appliances are supposed to do—they’re supposed to make our lives easier.”

"My Cuisinart mini-prep food processor"

AISA YAP-WENCESLAO

Mom and entrepreneur

Prep help Three years ago, as a newlywed who had just moved to Boston with her husband, Aisa realized that she didn't mind cooking—but she found it tiring to prep all the ingredients on her own. "I had a really small kitchen so I couldn't get one of those big food processors. But I wanted something that would help me with my cooking," she recounts. "When I bought this machine, I'd use it to do the chopping for me. I'd dump in peeled garlic cloves and onions, and in five seconds it was chopped and ready."

Kitchen friend "When we moved back to Manila, I packed all of my stuff away in *balikbayan* boxes and this was the thing that I missed the most. When I opened the box, it was like, 'Hello, my friend! I'm so happy to see you again!'" Settling back in Manila after living abroad, Aisa used her food processor to make everything from tapenades for entertaining to small batches of soup for herself and her husband.

Baby love Though the food processor had already proved itself useful, Aisa found a new purpose for it after her daughter Annika was born. "Once my baby started eating solid food, I began using it to make purées for her." Despite her busy schedule, Aisa is committed to being a hands-on mom and making Annika's food herself. "It's my way of loving my baby, and it's my way of ensuring that what goes into her food is clean, safe, and nutritious." She continues, "And besides, it's so much cheaper to make your own than to buy, especially if you want to give your baby organic food. Four ounces of bottled organic baby food costs something like P65. But if you buy organic carrots, and steam and purée them yourself, you can make 16 ounces for P20 or P30."

Starting early Annika's current favorite foods are avocado ("I make it with bananas and breast milk") and cheesy vegetables ("It's like a gratin, but you don't bake it"). Aisa makes it a point to constantly expose her to new flavors. You probably wouldn't see Gruyère or dill on the list of ingredients on a jar of commercial baby food, but those are just some of the things she has included in her purées. "They say that you should start introducing a variety of flavors while they're at a young age because that's when the foundations of the palate are developing. That's how you avoid raising picky eaters." Having a small food processor means Aisa can only make small batches—allowing her to feed Annika new flavors regularly.

Beyond baby food "It's very versatile! You can use it to prep, you can use it to make filling for *lumpia* or dumplings, you can use it to shred vegetables and chop nuts. I even make smoothies with it. I think this is one of those basic must-haves in every kitchen."

"My Tefal coffee grinder"

LUIS DE TERRY
Chef and owner, Lu

Worldly flavors Coming from a long line of cooks and winemakers, Luis describes himself as "an avid cook who happens to have a really big taste for the flavors of the world." Much of the inspiration behind his cooking comes from spices from all over the world. "The food in Lu is about things that are relatively familiar to all of us, but the infusions and the flavors come to make the food a little bit novel."

The daily grind Luis is passionate about using his coffee grinder to grind whole spices and make his own spice blends. Although he's been using grinders for his spices for years, the particular model he uses now was acquired just six months ago. "Before this, I had to go through so many! I had to upgrade to this model because our volumes are so big that I needed a sturdier machine. It's running beautifully."

Spices of life "I use different spices like bay leaf, fenugreek, coriander, cumin, fennel, and cloves to make my own curry mix, which I then use in one of my summer rolls or one of my dips; I make infusions of oils with chilies to flavor my pastas; I roast Szechuan peppercorns and salts to flavor meats." He adds, "From sumac in the Middle East to Szechuan peppercorns, they all bring different moods to food as well. I like using spices to communicate moods. I've always tied food to a specific frame of mind."

Freshly ground vs. store-bought "You can see the difference, especially in the aromas. I think that the flavors are very important but when it comes to spices, it's also about the aromas. When I open my spice grinder, it's always a pleasure because you have these perfumes coming out everywhere."

Perfect ten One of the special spice blends he has created at Lu is his 10-spice powder. By taking regular Chinese five-spice powder and fusing it with some of his other favorite spices (cumin, coriander, fenugreek), Luis has taken something common to a whole other level. "I bring in [spices] that probably wouldn't add so much depth, but I think it's breadth that I'm looking for. You get this sort of cloud in your mouth, a cloud of different flavors that come in at different times." They use the blend for a fried Hainanese chicken dish where "the chicken is basically rubbed or cured with the 10-spice powder in the same way that you would do regular Hainanese chicken." Instead of being served with the usual *kecap manis*, the chicken comes with a special sauce made up of the spice blend, soy sauce, and honey.

Complex flavors Combining different spices is not as easy as it seems, however: "It takes a lifetime to understand what balance means in grinding spices together. It's an art, it's absolutely an art."

"Cast iron pans!"

KARLA MENDOZA
Executive Chef,
Pizzeria Mozza at Marina Bay Sands, Singapore

Kitchen MVP Karla's impressive resume includes 18 years of working with such distinguished chefs as Anita Lo, Mark Peel, Mario Batali, and Nancy Silverton. It was at Mark Peel's restaurant Campanile where she first started cooking with cast iron pans and discovered how wonderfully easy they are to use. "The heat is so even. They're heavy-bottomed so the heat distributes really evenly. The results are always good."

All-around pan "Anything from fish to chicken to meat, we cook on that. We also roast, glaze vegetables; I've made sauces on it, like a pan sauce on the fly." The sauce comes from simply deglazing the pan after cooking the protein. "Those are the things that I really like doing on that pan. I don't have to worry about the color, I don't have to worry about it sticking or burning, and it can go in the oven." Cast iron pans can also be used for desserts like pies and *tarte tatin*, or even for making caramel.

Keeps getting better Cast iron pans are treasured for the patina that they develop over time. What is referred to as a "seasoned" pan has a nonstick coating that develops naturally from constant use. "The more you use it, the better it gets."

Cast iron care These pans can last for decades, provided you know how to take care of them. Rust is the number one enemy of cast iron and so the pans should never be washed, lest they get wet. "Just wipe it off, make sure that you get all the residue out, and you can use it again." According to Karla, this is particularly convenient in a fast-paced restaurant kitchen as there's no need to burden the dishwasher with yet another pan to clean. And even without washing the pan, something about the chemical makeup of iron prevents one dish's flavors from transferring to another's. "You can cook the stinkiest fish in it, and then when you put the nicest steak on it, it won't taste like fish." Once in a while, to get rid of stuck food particles, she employs the use of another kitchen staple: salt. "If you burn the salt in the pan, the residue sticks to the salt, and then you just have to shake out the salt. And in the same way, you're seasoning the pan—seasoning in the sense that there's some salt in it. The flavor gets deeper and more intense."

Worthwhile investment Karla simply loves the durability of cast iron. "The one that I've worked with [at Campanile] since day one, I'm sure it's still being used to this day." Since the pan gets better over time, you don't have to worry about eventually wearing it out. "For a home cook, you can get one for the rest of your life and okay *na 'yun*. The cast iron pan, to me, really is the best thing to have."

"My KitchenAid"
MARY GRACE DIMACALI
Entrepreneur

Fruitful beginnings Mary Grace Dimacali's interest in baking began when she was a newlywed. "I had a fascination with cakes as a child, but I never got to learn the art of baking until after I got married." While raising her first child, she spent a lot of time in the kitchen, baking fruitcakes to sell to neighbors. "That was way back in 1983. I started out selling to friends, even door-to-door. I'd make the goodies and we'd put them in Tupperware, and two of my girls would go around ringing doorbells to see if our neighbors wanted custard chiffon cakes or chocolate cupcakes or lemon squares—those little things that a beginner starts with."

Her sideline proved to be quite profitable, and Mary Grace went to the US to take a short course in institutional baking. When she returned to Manila, she brought home with her a heavy-duty white KitchenAid mixer—one that is still performing well today, 22 years later.

Happy birthdays Using the mixer, Mary Grace made her children's birthday cakes every year. "If there's one thing you can depend on the KitchenAid to do, it's to make icing—whipping egg whites with syrup until it becomes marshmallow-like. It's the usual birthday cake icing, and I loved to do it on the KitchenAid. You can't use another mixer because those regular, lightweight ones can never accomplish it. It's got to be the KitchenAid. It's also very good for chiffon cakes."

Daily bread The KitchenAid also helped Mary Grace expand her business. "The initial part of my being an entrepreneur was making fruitcakes every year for 10 years in my little kitchen. In 1994, I started doing bazaars. I wondered, what product do Filipinos like, *na nakikilig sila*? Fruitcakes are a seasonal thing but it's not really top-of-mind with Filipinos. I decided I'd like to make something that's part of the culture of the Pinoy, and that's *ensaymada*." The rest is history.

All praise "Why do I like the KitchenAid? Oh boy, it's the most durable thing. It's durable, it's heavy-duty, it's got a powerful motor. It can whip, it can cream butter and sugar, it can make bread." Her mixer was incredibly useful, particularly when it came to beating egg whites, which she says the KitchenAid does very efficiently. "If you cannot get the egg whites to a certain volume, then that affects the result of your cake: the texture, the softness, even the fluffiness and the height."

Shop talk With a master's degree in entrepreneurship from the Asian Institute of Management under her belt, and her two sons now helping out with the business, Mary Grace currently operates 11 kiosks all over Manila, and six branches of Café Mary Grace. But despite the massive growth of her business, her trusty KitchenAid is still very much in use at her commissary—this time for developing recipes for new products. "It's still proving to be really handy when I need to experiment in small batches."

Through the years Counting off all the things her mixer has helped her make, Mary Grace says, "The best loyal companion to do these with is the KitchenAid." Her decades-old mixer has been part of both her personal and professional milestones—from baking cakes for her children's birthdays and making fruitcakes during the holidays to selling *ensaymada* at bazaars and eventually putting up her first Mary Grace kiosk in Glorietta. "The KitchenAid is not just *pang-bahay*—it gives your business a jump start if you're not yet big time."

Restaurants

A family affair

There's nothing like a shared meal to bond with your family. Take them to three restaurants that promise good food and good times for everyone.

Reviews by Lua Luna Photography by Kai Huang Pictorial Direction by Elaine P. Lim

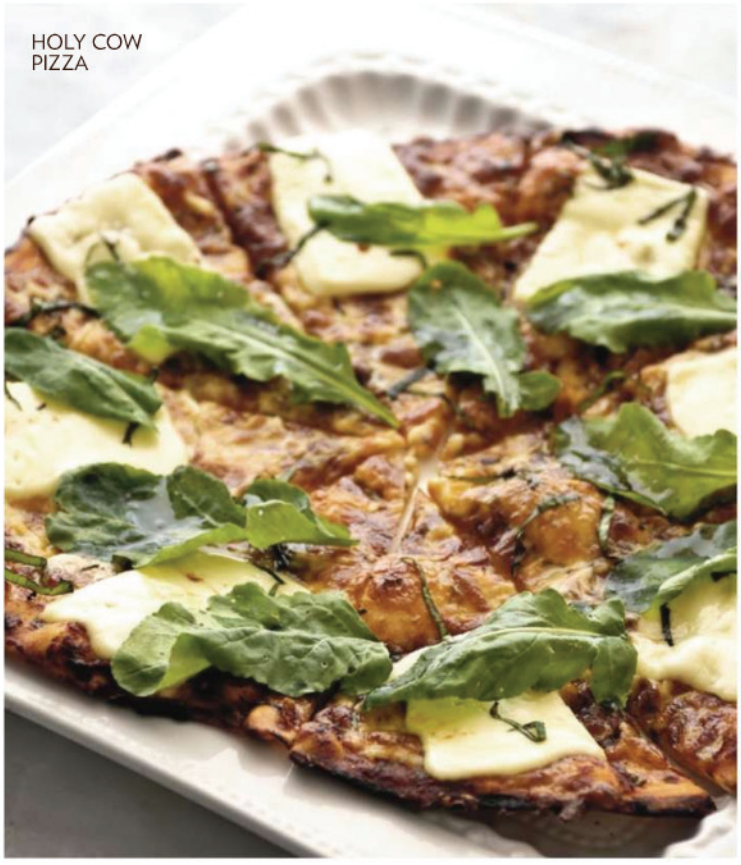
Delectable and dependable
CAFÉ 1771

Food, perhaps, is the least impressive-looking element in Café 1771. Because as soon as you enter the restaurant, the interiors demand your adoring attention: the pleasant blue walls, the boldly colored couches, the delicately suspended curtains softening the light from the outside, striking lighting fixtures, the pretty powder room. And this is just the Whimsy part of the café—the supposedly more casual, more laid-back section of the restaurant. Other sections—The Lounge, The Winebar—have their own impressive visual design.

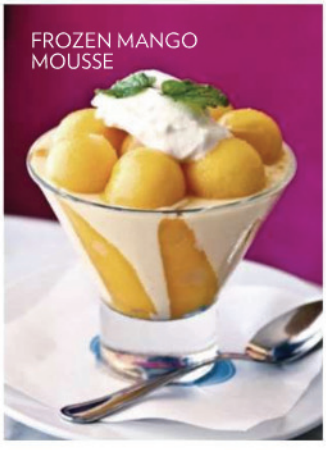
Go easy on the food's appearance though; Café 1771 is a member of the already-established, well-loved Chateau group of companies. Hence, you can expect the same dependable goodness here. And dependable goodness is what we got on our visit. Though they were only serving the breakfast menu when I arrived (breakfast ends at 11:30 a.m.), the time it took for the dishes to arrive would've allowed us to order from the regular menu. If breakfast disappointed, I would've felt robbed—but it didn't. The Kesong Puti Pandesal with Longganisa echoes the café's concept of duality. The crispiness of what looks like *longganisang hubad* provides a stark contrast to the velvety *kesong puti* on which it sat, making it such a textured experience. Put these together in a sandwich, give to your toddler to nibble, and now you can have a quasi-uninterrupted meal.

Café 1771 gives diners an option of what to have with their Eggs Benedict. We picked the smoked salmon, which is amazing with the egg. You can almost feel the smokiness of the fish rise up from under the yellow blanket of the egg yolk, only for the crumbling muffin to catch it. Together, the components of the entire dish burst in flavors and textures. One thing though: The portion looks modest. Still, when dessert time came, we realized it was actually just right.

But that's getting ahead of the story. Because the food came rather slowly (not the service, mind you), we saw the shift of menu from breakfast to regular fare. Beside us, a family with an endearing toddler in tow ordered the Holy Cow Pizza. Our table would've wanted to order from the regular menu as well—too many people advised us to get the gorgeous Organic Chicken in Potato Crust! But having just had breakfast, we settled for dessert. As we dug into our Coffee Pie, the family attacked their Holy Cow, a cheese pizza topped with arugula. Based on the kid's approving smiles, it must have been one awesome cheese pizza. Kids don't lie—so we already have something we want on our next visit.


HOLY COW PIZZA

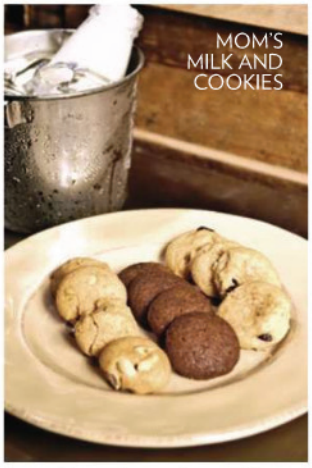
ORGANIC CHICKEN IN POTATO CRUST


FROZEN MANGO MOUSSE

I almost forgot about our Coffee Pie, already nearing non-existence thanks to my companions. The crust, made with cashews and chocolate, underlined the natural nutty flavor of coffee, while the caramel sauce enhanced the sweetness of the pie. The slice was on the conservative side so we ordered another slice just as the Frozen Mango Mousse was placed on our table. Sweet and sunny, this dessert should please kids of all ages.

Therein lies the magic of Café 1771. Its impressive interiors will take you on a flight of food fancy. But all this is founded on good and dependable food.

ADDRESS El Pueblo, Julia Vargas cor. ADB Avenue, Ortigas Center, Pasig City; tel. no.: 631-7340 **SERVICE** Friendly and efficient **MUST-ORDERS** Holy Cow Pizza (P300); Kesong Puti Pandesal with Longganisa (P270); Coffee Pie (P185 per slice) **PRICE RANGE** Salads, P280 to P390; Appetizers, P285 to P900; Sandwiches, P190 to P350; Pizzas, P300 to P440; Pastas, P290 to P450; Casseroles, P400 to P550; Pan and Grill, P290 to P1,250; Desserts, P180 to P250



MOM'S MILK AND COOKIES

Comfortable class

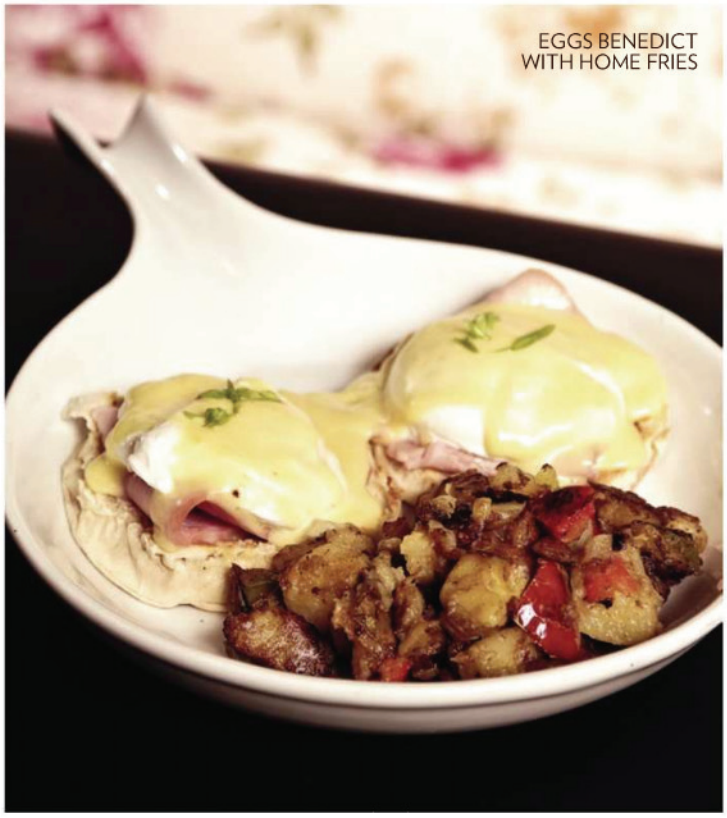
BOROUGH NY COMFORT FOOD

Its dark interiors may not scream wholesome, but Borough, a newly opened restaurant at The Podium, is really a place for the brunch-eating, pancake-loving, egg-seeking crowd. Specializing in comfort food served New York-style, Borough serves up straightforward goodness through and through. No rice can be found here, but Borough compensates with bread—lots and lots of good, good, good bread. The array of homemade bread used for sandwiches, French toast, or as a side for salad is simply awesome.

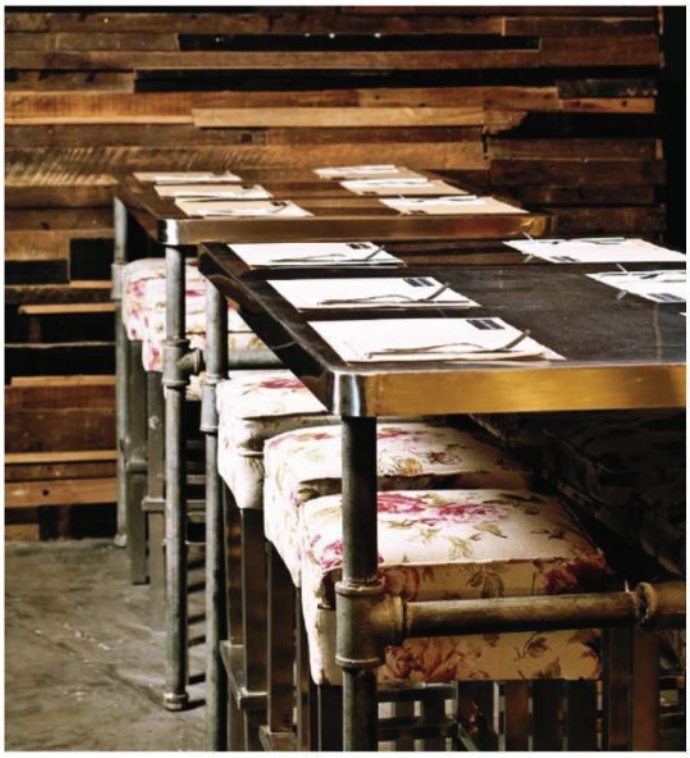
Borough's sandwiches are tops. The Pulled Pork Sandwich, topped with festive-looking veggies, and the Cheese-Injected Portabello Pita Pocket are both rather filling. They are main course material for lunch and dinner—as is the Grilled Cheese and Tomato Soup. Alternating between the sandwich and soup can be a bit heavy on the belly, but you need them both to witness the hearty soup successfully breaking the onslaught of cheese. And also, it's fun to dunk the sandwich into the soup!

But the king among Borough's sandwiches is The Elvis. The fried peanut butter and banana sandwich looks like a wallflower, but wipe some coconut *dulce de leche* (with which it is served) on the bread and an imaginary Elvis will start twitching his legs. Together with a cup of coffee, it will solve your midday blues in no time.

And then there is the awe-inducing Mom's Milk and Cookies. This delightful dessert comes as thus: A dozen mini cookies in three flavors served with a mini bottle of fresh milk in a pail, harking back to the good ol' days. It's so painfully precious that even though you order it for your kids, you'll want to partake in the goodness too.



EGGS BENEDICT WITH HOME FRIES



Another great item to have after a hard week—or before a new one begins—is Borough's Eggs Benedict, available only during weekend brunch. It's hard to go wrong with poached egg-topped smoked ham on English muffins. But Borough makes it its own by serving it with cubed potatoes they like to call "home fries."

It may not be as warm and fuzzy as other breakfast/pancake/waffle joints, but Borough offers a Banana Amaretto French Toast that can give these restos a good run for their money. The haphazard-looking breakfast item has a mountainous amount of whipped cream smothered over banana custard, already soggy from the generous amaretto flambé. One look and you know you are home, where appearances don't matter and where judgments over food choices will not be passed. One bite and you may hit a sugar high, but it may be a tad too sweet for some.

Such is the food in Borough: There's always an extra shot of goodness, be it chocolate, cheese, or carbs. Reckon it's almost like a warm hug. You may have too much of it, feel overwhelmed by it, but you can never say no to it. In fact, you cannot not indulge in it. And when you do, you'll always remember to take your time, and take your while. Take in all that you can and then allow the goodness to linger long enough to make you go "mmm."

ADDRESS G/F The Podium, ADB Avenue, Ortigas Center; tel. no.: 507-8906 **SERVICE** Borough has a pleasant waitstaff who seem afraid to make mistakes, making them all the more nervous. **MUST-ORDERS** The Elvis (P170); Grilled Cheese and Tomato Soup (P240); Mom's Milk and Cookies (P170) **PRICE RANGE** Appetizers, P170 to 290; Soups, P110 to P120; Salads, P200 to P320; Sandwiches, P220 to P400; Mains, P380 to P600; Pasta, P240 to P300; All-Day Breakfast, P230 to 300; Desserts, P120 to P220

Konnichi-wonderful!

OMAKASE GREENHILLS

And it's a home run for Omakase! It recently opened its fourth branch in Greenhills Shopping Center and from the long wait line—we were tenth that Sunday evening—it's safe to say that Filipinos simply can't get enough of this neo-Japanese restaurant.

How could we? Affordable prices, exciting items on the menu, minimal marketing gimmicks—this is Japanese fare at its most accessible. And most family-friendly, too. In the few months that its Greenhills branch has been open, Omakase has become a Sunday dinner ritual for families who live in the neighboring residences, as well as an after-shopping haunt for those who've trooped to the popular *tiangge* center.

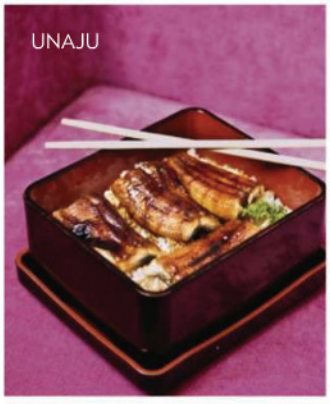
Because it doesn't scare away or highlight stereotypes, Omakase could easily be a Filipino child's gateway to unfamiliar food territory. They introduce what can be considered as unfamiliar with easy tastes and textures. They have, for instance, the excellent Seafood Dumpling. It's like meatballs, only made with salmon, wrapped in nori, coated in familiar tempura batter, and fried to awesomeness. It comes with a mayo-soy sauce mix, but I like it better when dipped into wasabi-laced soy sauce—the zing from the soy sauce refreshes the mush in your mouth quite well.

While a lot of Japanese food fanatics are meeting them with a frown, Omakase's interesting fusion sushi rolls are proving to be a good thing. For one, these rolls make the prospect of eating raw fish less frightening, especially for the uninitiated. Of the choices, it's always the Dynamite Roll that never ever fails: unagi (eel) tempura maki rolled-up and topped with smoked salmon, or tuna, or scallop, whichever you prefer. We chose the salmon, which only further erased the fact that it's raw.

Omakase also has a good variety of tempura: shrimp of course, eel, vegetables for the vegetarian, soft-shell crab, just to name a few. I want to say it doesn't really matter which you pick because it all boils down to Omakase's tempura batter—light, crunchy, never overwhelming what's inside—but this would be false. The Soft-shell Crab Tempura is, hands-down, the ultimate of Omakase's tempura choices. Because the batter never asks for the spotlight, the soft-shell crab takes the stage, front and center. And rightly so: The crabmeat has volumes of taste to boast of. Peeking in the meat and the batter is a pristine kind of saltiness unique to soft-shell crab. It's ridiculously crispy, you initially wouldn't know where the batter ends and the meat begins. But then something soft hints at you and you realize why it's called soft-shell crab. Dunk a piece into Omakase's tempura sauce and you realize that very few flavors are as compatible as these two. It's pretty amazing.

SUSHI BOAT

SPICY TUNA SALAD



UNAJU

To comfortably seat Omakase on its throne is Unaju, four pieces of grilled eel atop Japanese rice in a bento box. The fish is so exquisitely cooked that a poke is enough to break some meat off. The lack of sauce may have you thinking you can forgo the rice, but make no mistake: The eel itself packs in the flavor, so you'll soon pick some rice with your chopsticks to lend aroma to the experience.

Omakase doesn't promise the most authentic of Japanese food. Instead, it makes Japanese cuisine accessible. Like a good introduction, Omakase is a demonstration of exactly how lovely—and fun—Japanese cuisine can be.

ADDRESS G/F Connecticut Arcade, Greenhills Shopping Center, San Juan; tel. no.: 470-9807 **SERVICE** Generally friendly, but the staff can get pretty stern when diners come pouring in **MUST-ORDERS** Soft-shell Crab Tempura (P325); Seafood Dumpling (P160); Dynamite Roll (P240) **PRICE RANGE** Appetizers, P135 to P240; Soups, P46 to P70; Noodles, P175 to P350; Makimono, P100 to P290; Sushi platters, P435 to P675; A la carte beef, P230 to P325; A la carte pork, P140 to P210; A la carte poultry, P120 to P195; A la carte seafood, P80 to P385; Donburi, P160 to P310; Sushi, P110 to P245; Tempura dishes, P160 to P325; Vegetables, P90 to P155; Tofu, P110 to P200

THIS MONTH, CHECK OUT...

The Marco Polo Davao

Prepare to get gastronomically pampered in this world-class hotel that's just a 20-minute drive from the Davao City airport.

Café Marco If the thought of sampling various international cuisines in just one sitting delights you to no end, head straight to Café Marco on the second floor. This sophisticated yet casual restaurant with earthy interiors (and a show kitchen to boot!) is indeed one of the city's most comprehensive buffet spreads. It highlights an impressively wide variety of Filipino, Asian, Mediterranean, and Western cuisines. An outdoor balcony overlooking the bustling city is also perfect for barbecues or theme parties. They also offer a la carte dishes for those who would like to have something lighter. **MUST-TRIES** Grilled Lamb Cutlets, Roast Beef, Bacon-wrapped Chicken Liver with Caramelized Onions and Mushrooms, Pork Rolls with Apple and Ham, Tex-Mex Baby Back Ribs, Beancurd with Enoki and Black Mushrooms, Mocha Torte (*menu varies*)

Lotus Court In the mood for authentic Chinese? Lotus Court has more than a hundred choices of pure, full-flavored Cantonese dishes and fresher-than-fresh seafood fare. The hotel's signature restaurant opens anew after a six-month hiatus, now sporting a bigger dining space (complete with striking, modern Oriental interiors) and offering more comprehensive designer dishes, both traditional and new, to mix and match. Top Chinese chef Wong Hoi Ming of Marco Polo Hotel Hong Kong is at the helm. **MUST-TRIES** Hakao, Yin Yang Garoupa, Seafood Shark's Fin Soup, Stir-fried Rendang Prawns in Hot Spicy Sauce, Roast Barbecued Combination, Crispy Chili Pork, Marinated Beef Slices with XO Sauce, Buchi

Polo Bistro Pool Lounge A hip stop situated at the hotel's pool deck on the fourth floor, the bistro has both indoor and outdoor areas perfect for a laid-back wine-and-dine night. Its menu boasts of international cuisines brilliantly married with local flavors (think mouthwatering grilled dishes and top-quality steaks). Not a wine person? You can pair your meals with refreshing sippers such as Holiday (banana, mango, and pineapple) and Carrot, Celery, and Rosemary Juice. Starting this month, the bistro introduces delectable grilled pizzas (we like their Grilled Pizza with Smoked Salmon, Red Onion and Chives, and Crème Fraiche)—great to enjoy with beer on casual nights out! **MUST-TRIES** Davao Kinilaw, Grilled Tiger King Prawns, U.S. Angus Prime Rib-Eye Steak, Grilled Atlantic Salmon Steak, Coquilles St. Jacque (pan-seared diver scallops with chanterelles and Champagne sabayon)

Other notable establishments to try when in Davao City: K1 Café, Boyd's Pizza House, De Bonte Koe, BluGre Café, Claudes Le Café de Ville, Antonio's Bar and Grill, Taklobo Restaurant, Karlo's Coffee Station at Jack's Ridge

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The Bellevue Hotel's newest hotspot: the Vue Bar stands out in the partying scene with its almost 360-degree panoramic view of Alabang. This uber-chic establishment boasts of state-of-the-art lighting and sound systems, making it the perfect venue to listen to good, chill-out music or groove to the foot-stomping live entertainment.

Visit Vue Bar at the 22/F Bellevue Hotel Tower Wing, North Bridgeway, Filinvest Corporate City, Alabang with tel. nos. 771-8181.

Vue BAR

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Visit Harry's Bar at G/F The Venice Piazza McKinley Hill, Taguig City with tel. # 798-0594 or email harrysbar2010@gmail.com.

HARRY'S BAR

Freebie Code: BEKA

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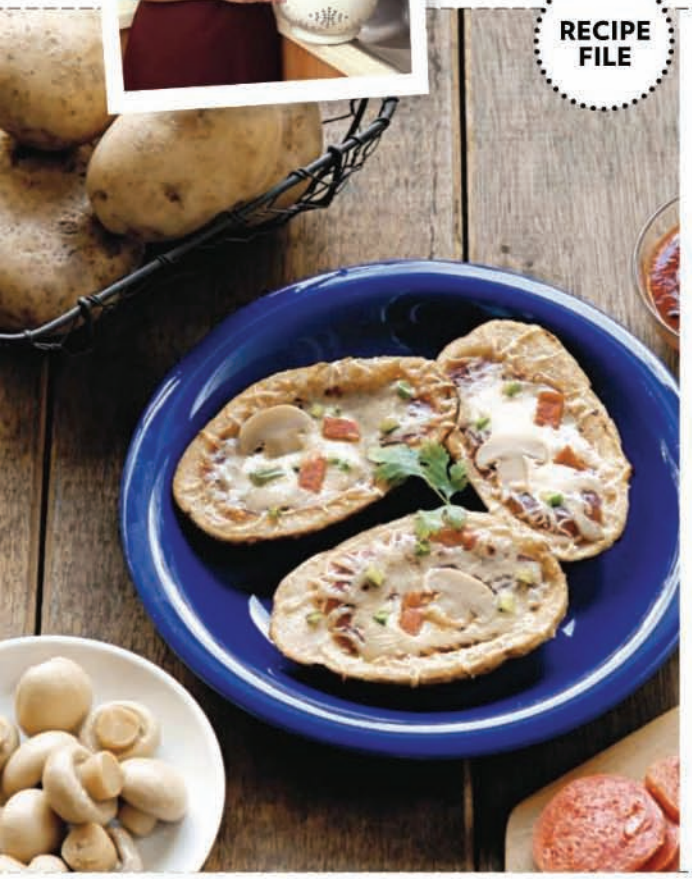
This promo is open to all readers of Yummy. Entries will be accepted from October 1 to October 31, 2010, 11:59 PM. The raffle draw will be held via electronic raffle on November 11, 2010, Thursday 2:00 PM at the Summit Media located at the 7/F, Cybergate Tower 3, Pioneer St., Mandaluyong City in the presence of a DTI representative. Fifteen (15) winners of P1,000 Savoury Pie gift certificates, 15 winners of P1,000 Vue Bar gift certificates, ten (10) winners of P1,500 La Bella Luna gift certificates, and six (6) winners of BEKA gift certificates will be drawn. Winners will be notified via SMS, email & registered mail. A person can win only once per prize category. Winner will get the prize of higher value if drawn more than once. When claiming the prize, please present the following: valid ID matching name used to enter the promo + letter of notification. Prizes may be claimed at the 7/F, Summit Media, Cybergate Tower 3, Pioneer St., Mandaluyong City, Monday-Friday 10am- 3pm. Provincial winners will receive their prize through courier. Redemption period is 60 days from receipt of notice. Prize is not convertible to cash. Unclaimed prizes will be forfeited in favor of Summit Media with prior DTI approval. Employees of Summit Media and partner sponsors for this promo including relatives up to the second degree of consanguinity or affinity are not qualified to join this promo.

PER DTI-NCR Permit No. 4695 series of 2010.

From Rachelle's kitchen

Food editor **Rachelle Santos** shares a recipe, kitchen tips and advice, and gotta-know culinary info.



RECIPE FILE

'Tato Skin Pizza

These cheese-loaded nibbles are sure to bring afternoon cheer to the kids!

Prick **4 washed medium potatoes** all over with a toothpick. Place potatoes on a microwave-safe dish lined with paper towels. Cover with a bowl and microwave for 4 to 5 minutes on high or until tender. Let cool. Slice potatoes in half lengthwise and scoop out flesh, leaving a ¼-inch shelf. Brush all over with **melted butter** and season with **salt**. Bake in a preheated toaster oven for 8 to 10 minutes. Spread **1 tablespoon pizza sauce** on each potato half and sprinkle with **2 tablespoons mozzarella or any melting cheese**. Top with **salami**, **sliced mushrooms**, and **chopped green bell peppers**. Toast for 5 minutes or until cheese has melted. *Makes 8 pieces.*

JUST ASK!

Q What frying pan should I invest in—cast iron, stainless steel, or nonstick?

A When choosing a pan, consider each material's pros and cons then select the one that best fits your cooking needs, lifestyle, and budget. Here's the lowdown on some common pans in the market:

• **Cast iron** Favored for its durability, even heat distribution, and good heat retention. With frequent use, its surface eventually becomes nonstick. However, it's heavier than most pans and requires a good deal of maintenance since it is prone to rusting.

• **Stainless steel** It is durable, scratch-resistant, rust-proof, and does not need much care. But it doesn't conduct heat very well. For better conduction, go for one that has aluminum or copper in its base.

• **Nonstick** A nonstick or Teflon pan has a special coating that prevents food from sticking to its surface. Thus, food may be cooked without the use of oil. However, since the coating tends to peel off after frequent use and scratches easily, metal utensils cannot be used.

For baking only

Did you ever bite into a freshly baked cookie only to taste hints of garlic? Avoid the transfer of strong flavors to your baked goodies by having a separate set of tools—such as chopping boards, wooden spoons, rubber scrapers, and pastry brushes—exclusively for baking.

To make identification easier, color-code them! Assign one color for baking and another for cooking. Choose from the many new colorful utensils now available in stores, or simply brush on nail polish on the handles or sides of your utensils to identify them.

QUICK TRICK

Caramelize The process of turning sugar into caramel by heating it to its melting point. Certain fruits and vegetables, such as pineapples and onions, may be caramelized by cooking them until their natural sugars melt.

PHOTOGRAPHY: MIGUEL NACIANCENO AND PATRICK MARTIRES (EDITOR) * RECIPE, FOOD, AND PROP STYLING: RACHELLE SANTOS * HAIR AND MAKEUP: CHERRY PACHECO * GOT A QUESTION FOR RACHELLE? EMAIL HER AT RACHELLE@YUMMY.PH!

Step by step: Going green

Make Mother Earth happy by practicing these eco-friendly habits in the kitchen. Bonus: No wasted leftovers!

How to reduce waste in the kitchen

1 When chopping up vegetables, store peels and odds and ends in the freezer. Once you've accumulated enough, use them to make stock. You can do this with mushroom stems too.

2 Place butter wrappers in a plastic bag, store in the freezer, and use to grease pans.

3 When a jar of store-bought sauce is nearly empty, pour in stock, close lid, shake jar, and pour contents into a sauce or soup.

How to reuse plastic zip-top bags

1 Wash the bag thoroughly. Bags used to store raw meat should not be used again.

2 Air-dry by propping up the bag with chopsticks placed in a glass or similar container.

3 Fold and store in an old tissue box, pulling one out and using as needed.

How to remove labels using vinegar

1 Wash the bottle or jar well. Using fingers or a cotton ball, apply vinegar on the label you want to remove until it is thoroughly soaked.

2 Let it sit for 20 minutes (or longer if it still seems sticky).

3 Scrape off the label with your fingernails. Use the label-free jar to store dry goods.

PHOTOGRAPHY: ENRICO GUTIERREZ * TEXT, STYLING, AND RESEARCH: LIEZL YAP * DEMONSTRATION: RACHELLE SANTOS * PROPS FROM SAIZEN

D-I-Y: Banana Cream Pie-in-a-bowl

On any day, this pie is a comforting treat. Try this ready-when-you-are version perfect for nights in. Enjoy!

tip Want another layer of flavor to your pie? Instead of a graham crust, you can also use coarsely crushed store-bought cookies like oatmeal, peanut butter, or chocolate cookies.

What you need

For the "crunchy" crust

- ☐ **¾ cup crushed graham crackers, plus more for topping**
- ☐ **¼ cup butter, melted**
- ☐ **2 tablespoons sugar**

For the pastry cream

- ☐ **2 teaspoons gelatin**
- ☐ **2 tablespoons cold water**
- ☐ **4 egg yolks**
- ☐ **1 cup sugar**
- ☐ **4 tablespoons cornstarch**
- ☐ **1½ cups fresh milk**
- ☐ **1 teaspoon vanilla**

- ☐ **4 *lakatan* bananas, sliced**
- ☐ **whipped cream for topping**

What to do

1 Make the "crunchy" crust: Mix together graham crackers, melted butter, and sugar. Flatten on a baking pan and bake at 350°F for 15 minutes. Cool slightly. Crumble and set aside.

2 Make the pastry cream: Place gelatin and water in a small bowl; set aside and let gelatin "bloom."

3 In a large bowl, mix egg yolks, sugar, and cornstarch; whisk. In a saucepot, heat the milk. Slowly pour the hot milk into the egg mixture; whisk continuously. Transfer the milk-egg mixture to the saucepot and cook over low heat until thick.

4 Take the saucepot off the heat, then add the gelatin mixture. Stir until dissolved. Add the vanilla. Chill for 30 minutes to set.

5 Assemble the pie: Take a big bowl (or individual bowls, if desired) and fill with layers of crust, pastry cream, and sliced bananas. Repeat until bowl is full. Top with whipped cream and crushed graham crackers. Chill until ready to serve.

PHOTOGRAPHY: PATRICK MARTIRES ✶ RECIPE & DEMONSTRATION: JACKIE ANG-PO OF FLEUR DE LYS PATISSERIE ✶ PROP STYLING: ELAINE P. LIM

Witch's Brooms

Halloween's here! Put on your hat, practice your spells, and get ready to mix this bewitching treat.

What you need

- ☐ ¾ cup all-purpose flour
- ☐ ¾ cup cake flour
- ☐ ¾ cup sugar
- ☐ ¼ cup cocoa powder
- ☐ ½ teaspoon salt
- ☐ 1 teaspoon baking soda
- ☐ ⅓ cup vegetable oil
- ☐ ½ cup milk
- ☐ ½ teaspoon vanilla
- ☐ 1 egg
- ☐ 12 to 16 pretzel sticks for decorating

For the buttercream icing

- ☐ ¾ cup shortening or butter
- ☐ 2 cups confectioners' sugar
- ☐ 3 tablespoons milk
- ☐ 1 teaspoon vanilla
- ☐ orange food coloring
- ☐ green food coloring

What to do

1 In a bowl, combine flours, sugar, cocoa powder, salt, and baking soda.
2 In another bowl, combine vegetable oil, milk, vanilla, and egg.
3 Mix dry and wet mixtures together just until combined. Pour into your desired mold for the broom head (*see tip below*) and bake at 350°F or until cake tester inserted in the center comes out clean.
4 Make the buttercream icing: Beat all ingredients together until smooth and creamy. Divide icing. Color three-fourths of the icing with orange food coloring, and one-fourth with green food coloring.
5 To decorate: Insert a pretzel stick into each cake. Using a small star tip, pipe orange-colored icing on the cake. Use a plain tip to pipe a ribbon on the "bristles" using green icing. *Makes 12 to 16 pieces.*

tip We used a Wilton Silicone Brownie Pop Mold for this recipe. Mini muffin or cupcake molds are good alternatives too.

PHOTOGRAPHY: MIGUEL NACIANCENO ✳ RECIPE: JACKIE ANG-PO ✳ PROP STYLING: ELAINE LIM ✳ MODEL & DEMONSTRATION: MICAELA BERNICE A. PO ✳ APRON FROM KITCHEN COUTURE (WWW. KITCHENCOUTURE.COM.PH)

It's time to try...

Miso

Mighty Miso
Miso or bean paste is a by-product of soybeans. It is made by fermenting rice, barley, or soybeans with a mold culture and then mixing it with cooked soybeans. This Japanese culinary staple is used as a base for soups, as a seasoning for various dishes, and as a key ingredient for pickling vegetables.

What's your flavor?
Miso is generally salty but its flavor varies by region and season, shifting with the ingredients and the fermentation process. Its flavor could be sweet, earthy, tangy, fruity, or with roasted notes. There are many varieties of miso but the more common ones are *shiromiso* (white miso for dressings and light sauces) and *akamiso* (red miso for soups and stews). In the Philippines, there is a locally produced white miso that is used as a flavoring agent in *sinigang*. To preserve miso's delicate flavor, it's best added at the end of the cooking process.

Shop and store
Both *shiromiso* and *akamiso* can be found in Japanese specialty stores while native white miso is available in supermarkets and wet markets. Store in a sealed container in the refrigerator for three months to a year.

PHOTOGRAPHY: MIGUEL NACIANCENO • RECIPE, TEXT, AND STYLING: RACHELLE SANTOS • PROPS FROM GOURDO'S (CHOPSTICK STAND, WOVEN CHARGER, RECTANGULAR PLATE) AND SAIZEN (CHOPSTICKS, CERAMIC SPOON)

Vegetable Slaw with Miso Dressing

Planning an Asian-inspired dinner? This light, refreshing salad makes for a delicious match to tempura, grilled chicken, or steak teppanyaki.

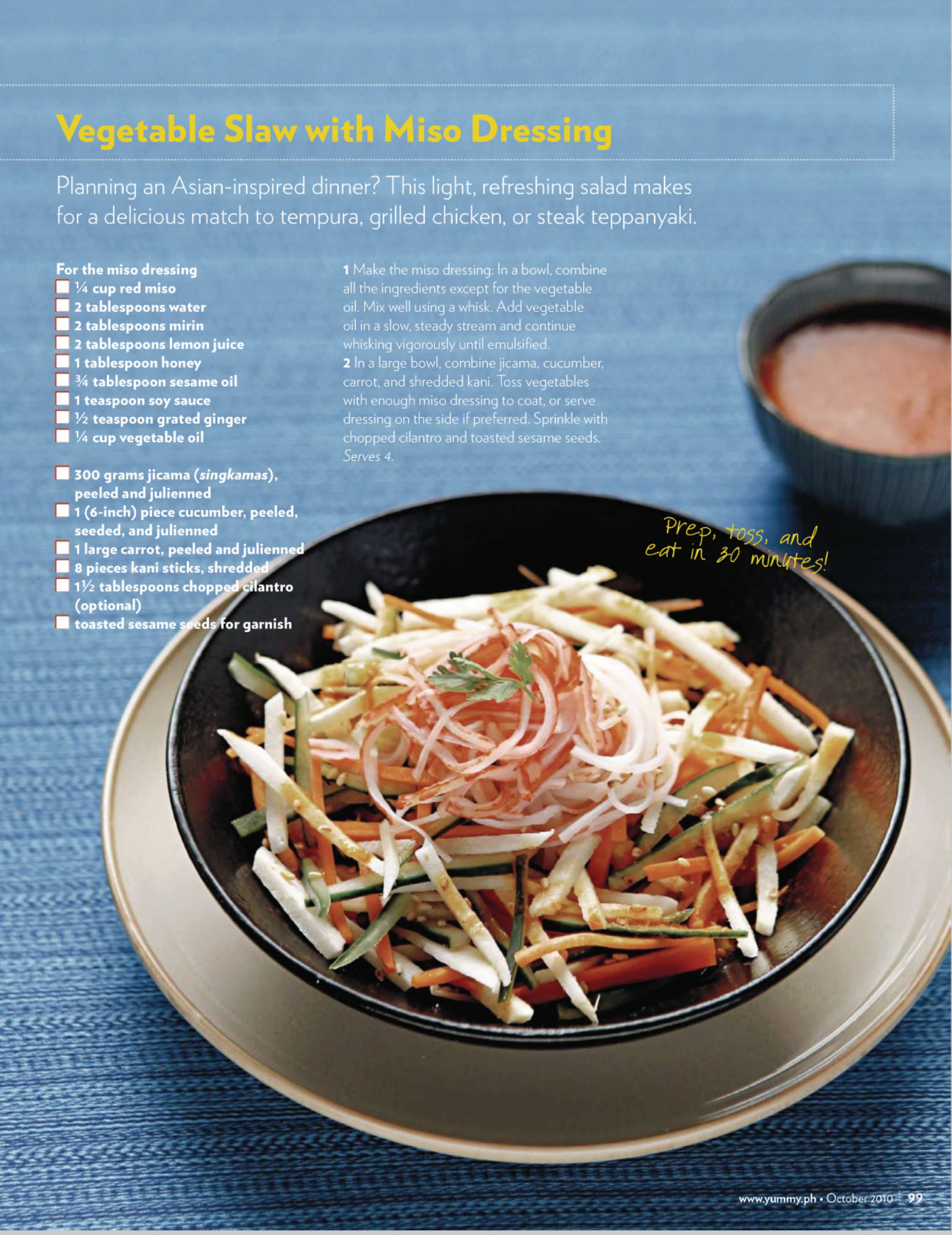
For the miso dressing

- ☐ ¼ cup red miso
- ☐ 2 tablespoons water
- ☐ 2 tablespoons mirin
- ☐ 2 tablespoons lemon juice
- ☐ 1 tablespoon honey
- ☐ ¾ tablespoon sesame oil
- ☐ 1 teaspoon soy sauce
- ☐ ½ teaspoon grated ginger
- ☐ ¼ cup vegetable oil

- ☐ 300 grams jicama (*singkamas*), peeled and julienned
- ☐ 1 (6-inch) piece cucumber, peeled, seeded, and julienned
- ☐ 1 large carrot, peeled and julienned
- ☐ 8 pieces kani sticks, shredded
- ☐ 1½ tablespoons chopped cilantro (optional)
- ☐ toasted sesame seeds for garnish

1 Make the miso dressing: In a bowl, combine all the ingredients except for the vegetable oil. Mix well using a whisk. Add vegetable oil in a slow, steady stream and continue whisking vigorously until emulsified.

2 In a large bowl, combine jicama, cucumber, carrot, and shredded kani. Toss vegetables with enough miso dressing to coat, or serve dressing on the side if preferred. Sprinkle with chopped cilantro and toasted sesame seeds. *Serves 4.*



Liz's 10 ideas:

1 **Mango with coconut sticky rice**

Serves 4.

2 **Braised coconut chicken**

3 **Avocado-coconut smoothie**

4 **Beef rendang**

5 **Buko pandan granita**

6 **Gising-gising**

7 **Thai chicken curry soup**

8 **Coconutty salad dressing**

9 **Milky melon bubble tea**

10 **Baked oatmeal with fruits and coconut milk**

PHOTOGRAPHY: JONATHAN ROXAS • TEXT & STYLING: LIEZL YAP

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SUMMIT MEDIA

PER DTI-NCR Permit No. 1562 series of 2010.

Recipe Index

THIS MONTH'S RECIPES BY CATEGORY

SOUPS AND SANDWICHES

- Catwiches **20**
- Chicken Teriyaki Rice Burger **68**
- Hot Pot Saté Broth **38**
- Minestrone with Rice and Chestnuts **56**
- No-Cream Cream of Zucchini **24**
- Tex-Mex Burger **46**
- Wonton Rice Soup **61**

RICE AND PASTA

- Angel Hair Pasta with Sun-dried Tomato **57**
- Arroz Verde (Green Rice) **67**
- Brown Rice Risotto **40**
- Cheesy Broccoli Rice Casserole **68**
- Chicken, Spinach, and Blue Cheese Risotto **65**
- Chicken Teriyaki Rice Burger **68**
- Couscous with Tomato Salad **71**
- Red Rice with Sausage and Peppers **67**
- Seafood in Green Curry with Brown Rice **71**
- Spiced Pork Pilaf **61**
- Tuna and Olive Pasta **33**

MEAT AND POULTRY

- Beef Randang **96**
- Braised Coconut Chicken **96**
- Chicken, Spinach, and Blue Cheese Risotto **65**
- Chicken Teriyaki Rice Burger **68**
- Classic Beef Stew with Dumplings **64**
- Country Fried Chicken **45**
- Crispy Chicken Drumsticks **22**
- Goulash with Green Beans **63**
- Italian Meatballs in Marinara Sauce **36**
- Osso Bucco with Saffron Risotto **57**
- Pork Escalopes with Wild Mushrooms **58**
- Red Rice with Sausage and Peppers **67**
- Spiced Pork Pilaf **61**
- Steamed Chicken in Shaoxing Wine with Purple Yam, Chinese Sausage, and Shiitake **52**
- Tex-Mex Burger **46**

FISH AND SEAFOOD

- Crumbed Salmon Fingers **33**
- Seafood in Green Curry with Brown Rice **71**
- Tuna and Olive Pasta **33**
- Tuna and Roasted Vegetable Bake **62**

DESSERTS AND SWEET SNACKS

- Baked Oatmeal with Fruits and Coconut Milk **96**
- Banana Cream Pie-in-a-bowl **92**
- Blueberry Bread and Butter Pudding **32**
- Buko Pandan Granita **96**
- Buttermilk Pancakes with Chopped Apples **44**
- Caramel Popcorn with Cashews and Chocolate **19**
- Chilled Mango Sago with Coconut and Melon Balls **53**
- Coffee Kahlua and Malt Ice Cream Pie **47**
- Mango with Coconut Sticky Rice **96**
- Monster Cupcakes **35**
- Pistachio de Leche Milkshake **48**
- Team Edward vs. Team Jacob Cookies **20**
- Tiramisu with White Chocolate and Nuts **59**
- Vanilla Choco Mint Shake **48**
- Werewolf "Dog Food" **20**
- Witch's Brooms **93**

DRINKS

- Avocado-Coconut Smoothie **96**
- Healthy Bloody Mary **21**
- Milky Melon Bubble Tea **96**
- Pistachio de Leche Milkshake **48**
- Strawberry Apple Juice **20**
- Vanilla Choco Mint Shake **48**

OTHERS

- Coconutty Salad Dressing **96**
- Prawn and Pork Wonton Triangles **53**
- Stuffed Eggs with Tarragon **57**
- 'Tato Skin Pizza **90**
- Vegetable Slaw with Miso Dressing **95**

Directory

YOUR GUIDE TO THE SHOPPING AND DINING ESTABLISHMENTS FEATURED IN THIS ISSUE

GROCERIES AND SUPERMARKETS

The Landmark Supermarket
Ayala Center, Makati City; TriNoma, North Triangle, Quezon City.

Robinsons Supermarket
At leading malls nationwide; for a list of all branches, see www.robinsons-supermarket.com.ph.

SM Supermarket
At leading SM Malls nationwide.

DEPARTMENT STORES

Robinsons Department Store
Robinsons Place Manila Complex, Pedro Gil cor. Adriatico Sts., Ermita, Manila (tel. no.: 395-0021) and at all Robinsons Malls nationwide; for a list of all branches, see www.rds.com.ph.

Rustan's Department Store
Ayala Center, Ayala Avenue, Makati City (tel. no.: 813-3739); and at leading malls including Shangri-La Plaza, Alabang Town Center, Glorietta 4, Robinsons Midtown Manila, and Gateway Mall.

RESTAURANTS

Café Marco
2/F Marco Polo Davao, C.M. Recto Street, Davao City (tel. no.: 082-221-0888 loc. 7223).

Lotus Court
3/F Marco Polo Davao, C.M. Recto Street, Davao City (tel. no.: 082-221-0888 loc. 7233).

Lu
Joya South Tower, Rockwell Center, Makati City (tel. no.: 403-3991); www.lu-restaurant.com.

Mary Grace and Café Mary Grace
For a full list of locations, see www.marygracecafe.com.

Polo Bistro Pool Lounge
The Deck, 4/L Marco Polo Davao, C.M. Recto Street, Davao City (tel. no.: 082-221-0888 loc. 7955).

OTHERS

Dulcelin Gourmet Specialties
36 Times St., West Triangle, QC (tel. nos.: 374-2165, 374-2167; mobile no.: 0917-5352592); www.dulcelin.com.

Edible Incredibles
For orders, call 0918-9912634 or email edibleincredibles@gmail.com; www.edibleincredibles.net.

Gourdo's
Gourdo's Flagship Store, The Fort Entertainment Complex, Bonifacio Global City, Taguig City, (tel. no.: 887-0150); Home Zone, UG/L Alabang Town Center, Ayala Alabang, Muntinlupa (tel. no.: 850-6437); 3/F Gateway Mall, Araneta Center, Cubao, Quezon City (tel. no.: 913-2991); Lobby Level, TriNoma Mall, North Triangle, Quezon City (tel. no.: 901-3475); R1 & R2 Upper Level, Promenade Mall, Greenhills Shopping Center, Ortigas Avenue, San Juan (tel. no.: 744-3087); 3/F Glorietta 4, Ayala Center, Makati City (tel. no.: 757-5771); see www.groudos.com for a complete list of branches.

Howards Storage World
3/F Robinsons Place Manila Complex, Pedro Gil Street cor. Adriatico Street, Ermita, Manila (tel. no.: 635-0751).

Living Well
The Podium, Ortigas Center, Mandaluyong City (tel. no.: 638-9590); 2/F SM Mall of Asia, Entertainment Building, Bay City, Pasay City (tel. no.: 556-0739); see www.gourdos.com for a complete list of branches.

Maj Lazatin of Mix n' Maj (Italian and Thai catering and food orders)
For orders, call tel. no.: 810-3101 or mobile no.: 0917-8233101; email maj@mixnmaj.com; www.mixnmaj.com.

Mita's Bakeshop
For orders, call tel. no.: 929-2663 or email manny5@pldtdsl.net; www.mitasbakeshop.com.

Saizen
3/L East Wing, Robinsons Galleria, EDSA corner Ortigas Avenue, Quezon City.

Taqueria Mia
At Salcedo Market and Power Plant, Rockwell Center, Makati City.

ADVERTISINGFEATURE

What's YUMMY?

NEW PRODUCTS TO ADD ON YOUR PANTRY, KITCHEN AND HOME

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Check out the new Party Stackers, the easiest coolers for stacking and organizing food. This new innovation in coolers offers interlocking bases and lids for easy storage. Each size also comes in four colors (Red, Blue, Green and Gray) to separate drinks and food. The Party Stackers are available in three sizes to fit your needs, the 20 Can Party Stacker, the 24 Can Party Stacker, and the 48 Can Party Stacker. These coolers are now available at the Coleman Stores and in leading department stores. (Coleman Stores: Alabang Town Center - 8507854, Park Square 1 - 8929019, Robinsons Galleria - 6329145, SM Megamall - 6340648) 20 Can Party Stackers available at Php1630, 24 Can Party Stackers at Php1560, and 48 Can Party Stackers at Php1960

Meat Lovers All-Over

mla MEAT & LIVESTOCK AUSTRALIA

Meat & Livestock Australia is a producer-owned company responsible for marketing & research for the Australian red meat and livestock industry. Our mission is "World leadership for the Australian red meat and livestock industry." MLA enters as a support to the restaurants that use Aussie beef and lamb through promotional materials, by designing menus, posters and in-restaurant paraphernalia for partners. We are currently initiating the education and promotion of Australian Lamb to local market. Lean red meat is rich in nutrients such as, protein, iron, zinc, omega-3 fatty acids, vitamin D, selenium and b-group vitamins. Australian lamb can be bought in your local supermarkets and meat shops. Don't be afraid to ask your butchers about it. For more information on Australian lamb, feel free to contact with Meat & Livestock Australia's Philippine Representative, Paul Perez: T: +632 638 5940 / M: +632 928 520 4344 / To learn more about MLA, you may log on to http://mla.com.au/

BAKE LIGHTER AND MORE CONVENIENT

CORELLE light

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- Non-porous surface for easy cleaning
- Dishwasher, oven and microwave safe
- Seal-tight plastic cover to keep food fresh and hygienic both at home and on-the-go
- Made in USA
- 1 year warranty

versus traditional ceramic bakeware

Sapporo Sotanghon Dessert

(with Pandan-Flavored Gelatin and Tapioca)

Ingredients:

- 250 grams Sapporo Long Kow Vermicelli (sotanghon)
- 1-2 sachet pandan-flavored gelatin (cubed)
- 100 grams tapioca (cooked)
- 1 cup condensed milk
- 2 cups all-purpose cream
- Pandan leaves for garnish

Procedure:

Soak Sapporo Long Kow Vermicelli (sotanghon) in hot water for 5 minutes. Drain immediately and set aside. Cook gelatin according to package instructions and chill for an hour. Mix all-purpose cream and condensed milk and set aside. Assemble the plain tapioca, pandan gelatin and sotanghon by layers in a tall wide glass. Pour half cup of cream mixture into each glass. Garnish with pandan leaves on top.

Fresh for Last

Rambutan

This year, *rambutan* had a bountiful season. I saw huge piles in supermarkets, wet markets, sidewalks, and even the ambulant vendors with their wooden carts were loaded with them. And I couldn't have been any happier! Every year, I look forward to *rambutan* season. (Here in the Philippines, the peak season is from late June to August.) As soon as they're available, I buy a kilo almost daily and finish everything in one go!

There are two varieties of *rambutan* commonly available in the country—*supsupin* (clingstone) and *tuknapin* (freestone). The first is smaller in size and has a thinner flesh, with the fibrous flesh attached to the seed. The latter has a thicker flesh to which the brown somewhat woody-textured skin of the seed is attached. The edible portion of the fruit easily slips away from the seed. I like the *tuknapin* better as the flesh tends to be sweeter and juicier and has just the slightest hint of tang.

A few years ago, I traveled to Camiguin in the southern part of the Philippines, where I saw a *rambutan* tree for the first time. It had many clusters of *rambutan*, but they were not mature and their spikes were still green in color. I learned later that there are male and female *rambutan* trees. What I saw was a male tree, which bears flowers. Only female trees bear the delicious fruits.

Although they are best consumed fresh, the *rambutan* flesh can also be made into jams and jellies. If you're craving for *rambutan* when it's not in season, you can buy canned *rambutan* in the grocery and use it in shakes or fruit salads. Still, nothing beats having it fresh. I don't mind waiting for those few months of the year when I can sit in front of the TV and watch my favorite cooking shows while munching on a sweet and juicy kilo of my beloved *rambutan*.—*Divine Enya Mesina*

PHOTOGRAPHY: AT MACULANGAN

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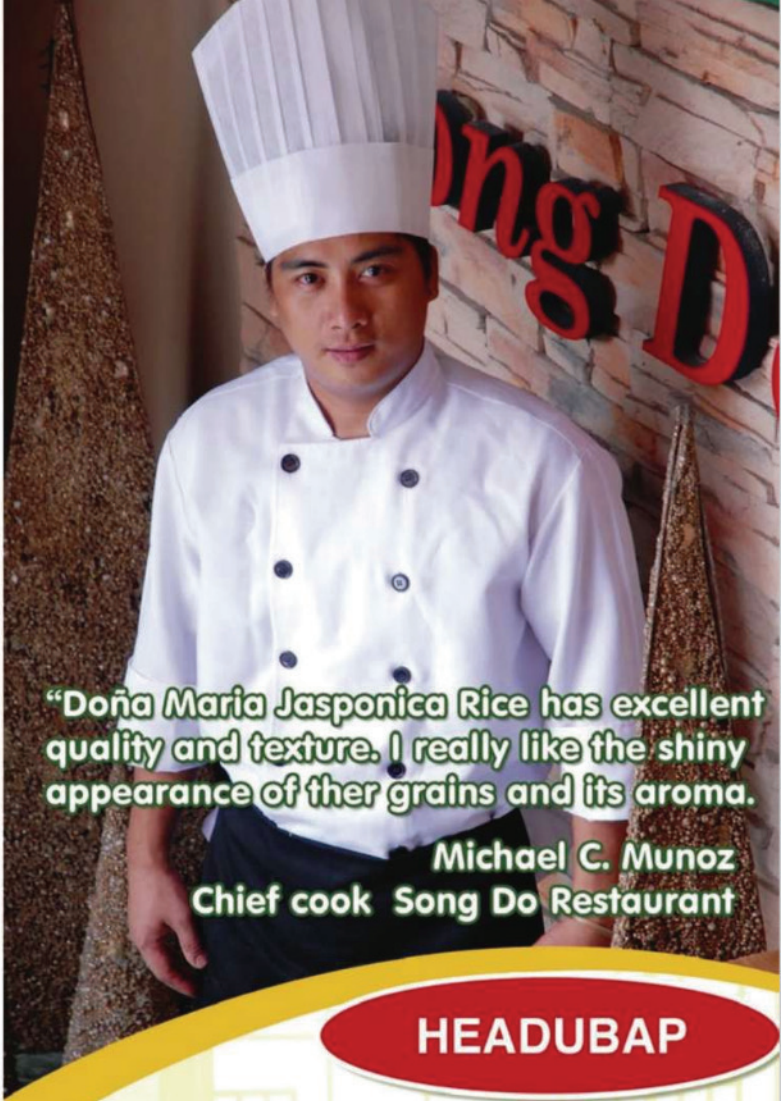

"Doña Maria Jasponica Rice has excellent quality and texture. I really like the shiny appearance of ther grains and its aroma.

Michael C. Munoz
Chief cook Song Do Restaurant

HEADUBAP

Preparation time: 8 mins.

INGREDIENTS:

1 cup	**DOÑA MARIA JASPONICA RICE**	15g	sea urchins (uni)
20g	lettuce (sangchu)	5g	garlic, minced
20g	vegetable salad (carrots, cabbage, cucumber)	5g	green chili, minced
15g	tuna, cut into cubes	5g	crab meat
15g	salmon, cut into cubes	garnish	kim

PROCEDURE:

1. Place all the ingredients in a ceramic bowl.
2. Serve with sojang spicy and Doña Maria Jasponica rice on the side.

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